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Your life in the family

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Your life in the family

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Your life in the family

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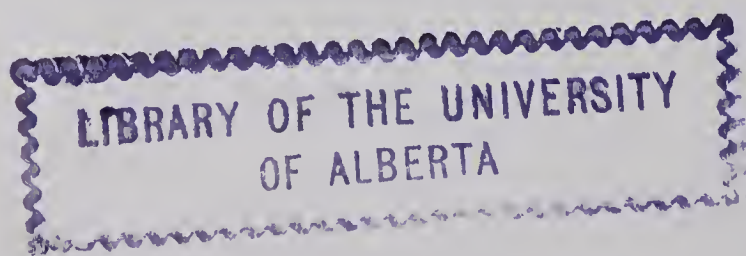
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Preface

Education for home and family living is an important part of the education of people at all age levels. Learnings provided at different stages of growth are of necessity adjusted to the particular needs of individuals at any point in the life cycle. Perhaps at no time is education for home and family living more significant than it is for boys and girls during their late high school years.

Your Life in the Family has been prepared for pupils at the senior high school level. The increasing maturity of this age level warrants an adult presentation of subject matter with emphasis on experience in the simpler skills of homemaking, making it possible to present broad concepts and basic principles involved in family living.

This book is divided into the following four units:

Why are families important to our society?

How can you give a child a good start in life?

What makes for family well-being?

What makes a family a going concern?

Since family living is never compartmentalized in real life, these units are arranged so that they may be used interchangeably. The material suggested in the book has been planned in relation to goals widely accepted by teachers of homemaking education throughout the country. However, it is assumed that this text will be used in relation to the particular goals set up by different groups of pupils in relation to their problems.

Activities suggested in "Ideas for action" are those which have been found to be generally successful in homemaking education. It is assumed that further activities planned by teacher and pupils will grow out of material suggested in the tests.

The approach to learning is through family-living situations beginning with the basic concept of the importance of strong and stable families in society. Many resources are available in any school and community. Suggestions are made for use of these facilities to provide a variety of opinions and experiences on which to build. The book suggests many ways to help the teacher and the pupils plan together for solutions to the various areas of family life. It tends to create the imagination of youth; to help them develop the ability to face problems, now and in the future, with a fresh approach; and to bring about personal and group satisfaction rather than to follow patterns others have found successful. It is written in a somewhat "serious" vein, for nothing can be more "serious" than the development of strong homes and families, since upon homes the success of a nation must depend.

Your Life in the Family has been prepared for flexibility of use. Teacher and pupils may start with a topic in one of the units and find a variety of relevant material in other sections. For example, Chapter 4, "Children need help to grow up," would be well supplemented by material in Chapters 1, 6, 9, 11, 13, 15, 16, and 18. Similarly, Chapter 17, "Economic management as a means of reaching goals," may be supplemented by material in Chapters 2, 7, 10, and 13. The sections suggested as "Sources for further study" in each chapter are designed to help pupils to become increasingly self-reliant in the solution of problems.

Ways of evaluating progress are suggested in the items under "Chapter checkup." Again the material should be used flexibly according to the needs of an individual group. Items in one unit may well be used in relation to others. It will be noticed that a variety of techniques have been suggested in "Ideas for action." These include the use of committees and interest groups, skits and dramatizations, discussions, debates, and audio-visual aids.

The material in the text will, of course, be of maximum benefit where available homemaking education facilities permit a wide variety of laboratory experiences. However, throughout the book principles and ideas are emphasized rather than "how-to-do-it" techniques, and it is therefore particularly suited to situations where available time and laboratory space are limited.

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UNIT 1

H. Armstrong Roberts

Why are families important to our society?

Families are important because we recognize them as being essential to our way of living. We learn as members of families many of the things that we practice later in life, and our behavior is influenced greatly by what we see and hear early in

childhood. That is why we need to learn all we can about making family life a valuable experience for ourselves and our relatives.

Families and homes are often discussed in the newspaper, on the radio, and on television. Some people will tell us that homes are breaking down and families are no longer of value in rearing young people. On the other hand, we see evidence that homes and families are becoming more and more important in helping people to get along in the outside world and to learn the values and attitudes necessary for good citizenship. It is important for everyone to understand what a good home and family can do for its members so that he may know why it is worth the effort.

A home is a place for rest and recreation, a place where family members can find the love and appreciation that will help them to withstand the outside stresses of life. It is a place where children can receive love and achieve a feeling of security that can be attained nowhere else. It is a place where young people are allowed to make mistakes without a loss of love from the rest of the family members, and where older people can retain independence and individuality and their own way of living.

The choice of a marriage partner is important because it means the choice of a lifelong companion for the job of founding a family and making a home. Studies of many marriages show that an important factor in predicting the success of a marriage is the happiness of the homes from which the couple come. Therefore, it is important to know a good deal about the background of the person you intend to marry. In any case, good preparation for marriage is necessary because, like anything that is worth having, a happy family is the result of understanding and hard work. It does not just happen without effort.

Families are important to our society because they have great influence on the next generation. A family where each member shares in family privileges and responsibilities according to his age and ability, where all sides of a problem are considered before a decision is made, where everyone shares in making the rules, and, above all, where people enjoy each other is a fine foundation for a good citizen.



Chapter forecast

Chapter 1

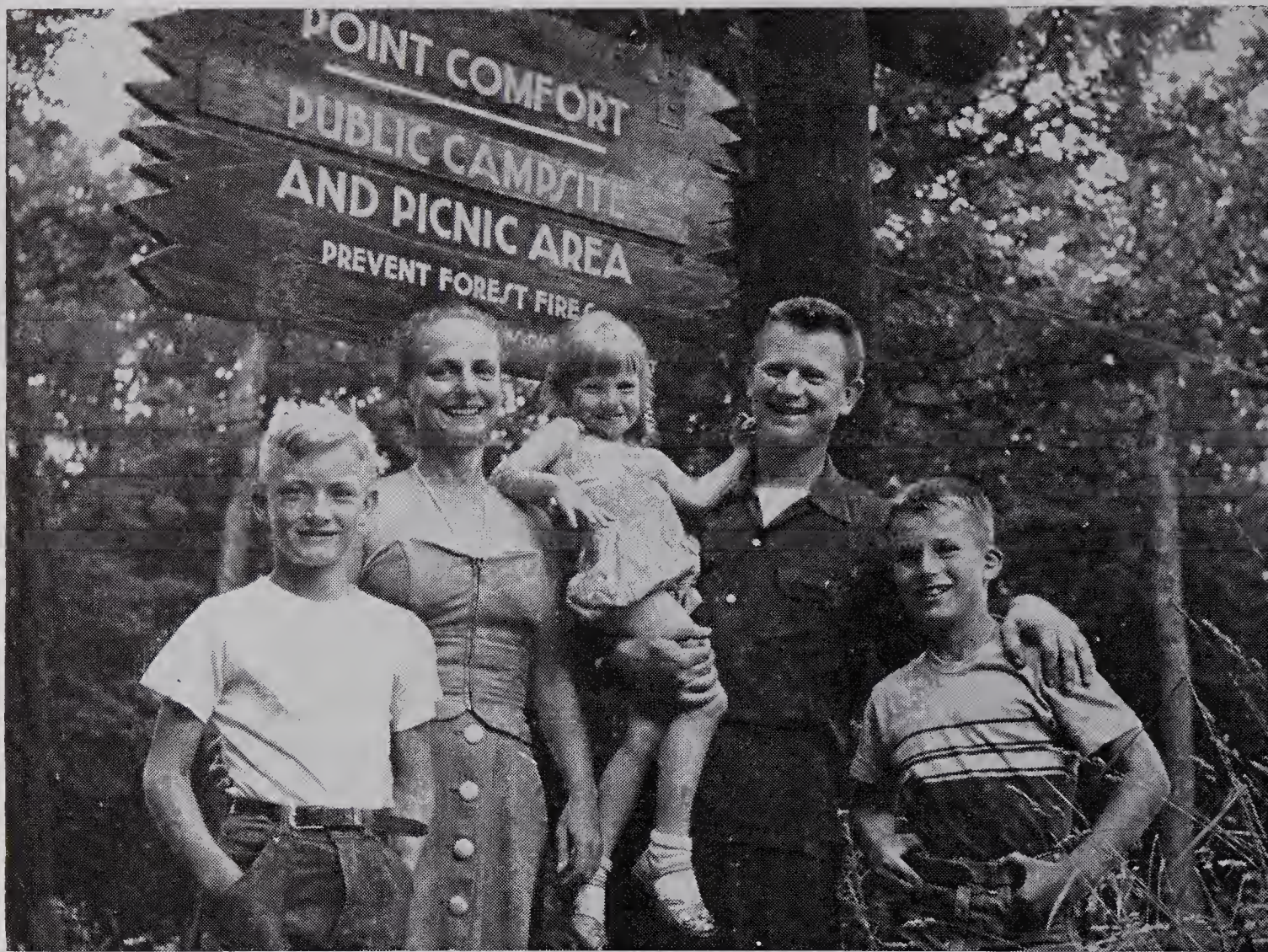
*Do many family groups
include older people?*

Du Pont Co.



*Why are there more children
now than ever before?*

Du Pont Co.



*What are some opportunities
for family recreation?*

Du Pont Co.

*How many homemakers are
now also wage earners?*

Du Pont Co.



Chapter 1

Families meet human needs for love and affection

You probably remember the old saying that a chain is as strong as its weakest link. In the same way, a democracy is as strong as its weakest link—in other words, a nation like ours depends on all of its citizens to feel responsibility for the good of others. This feeling takes a long time to grow. It must be experienced early, and it needs frequent practice. The family setting seems to be the best place to learn it.

In the relatively small group at home where each family member can get a good deal of personal attention, a child learns easily and thoroughly the attitudes he will carry throughout his life as a member of a community. Families who teach their younger members to appreciate good management, good relationships, and responsibility for the welfare of others are preparing them for responsible citizenship in a democracy.

The pattern of family living is always changing from genera-

tion to generation and from family to family. There is no one way of doing things that is correct for everyone. What may be right for the Wilsons in their home on the corner would not do for the Rosens in the next block. Every family has to work out the way of living and of bringing up children that seems best to them. Previous family experiences and the advice of various educational agencies can help, but the main responsibility lies with the parents.

Most of us dream about the home we would like to own and the people we would like to have living there. There is no harm in dreaming, but it takes real effort to build the foundations soundly. We need to know what families are for, why they are considered so important to our society, and how to do a good job rearing our own family.

Ideas for action

1 Sources for study

Duvall, E. M. *Family Living*. The Macmillan Co. New York. Unit 1, Chapter 1.

Landis, J. T., and Landis, M. G. *Personal Adjustment, Marriage, and Family Living*. Prentice-Hall. New York.

Wunsch, P., and Albers, E. *Thicker Than Water*. Appleton-Century-Crofts. New York.

"Man's Day." Page 148.

"Mother to Dinner." Page 169.

- 2** Make a bulletin board exhibit showing family activities that contribute to family love and loyalty.
- 3** Discuss the effect of television on activities and relationships in the family. Has the total effect been favorable or unfavorable to family solidarity?
- 4** Invite young couples who have recently moved into the neighborhood to meet with the class. Find out from them where their parents live, why they moved to their present location, and how they plan to keep in touch with their families.

- 5 Write your autobiography showing what effect you think your family has had in helping you to develop your present outlook on life.
- 6 Prepare for class display a bulletin board of cartoons and comic strips about various family situations. Discuss them in relation to their sympathetic understanding of family life.
- 7 With the aid of your family members, list local community customs and consider reasons why they might have come into being.
- 8 Show by skits how crowded conditions in a home can cause either friction and unhappiness or greater understanding of other people's problems.
- 9 Write down the factor you feel is most important for maintaining a good home. Write down the factor you feel may cause the greatest unhappiness. A class committee will summarize the answers of all the students and present them to the class as a basis for discussion.
- 10 Divide the class into committees to prepare bulletin board exhibits showing changes that tend to break down family life and changes that tend to support family life.
- 11 Invite former homemaking pupils who are now homemakers to talk to the class about ways in which homemaking education has helped them in problems of home and family living.
- 12 With the assistance of your FHA chapter, organize a grandparent-grandchild social occasion at which the older people will share reminiscences of the community with the younger.

How are families changing?

Family life is always changing. Like all changes, in some places the process is slow. In others, the change is rapid. Some families have changed some but not all of their practices. It is true that there has been considerable change if a comparison is made between rural family life of a hundred years ago and urban life today. We should know what the changes are and why we need to know about them.

The family once was important because it produced food, clothing, and shelter for its own members. It nursed them when they were sick, taught them, and provided recreation for them.

Why are families important to our society? 7

As these things were done, the family members sometimes became strongly attached to each other. Sometimes they held together only through necessity, with feelings of indifference or dislike among them.

Nowadays there is less need for family members to stick together because of sheer physical necessity. But there is, for many reasons, a greater need for everyone to have a small group with which he feels closely allied.

Family ways are changing. One reason that family life is changing is the trend there has been towards urban living during the past several years. Overcrowding can foster ill health and encourage quarrels and bickering. In a city a person usually has fewer friends and fewer family contacts than if he lived in the country or in a suburb. In urban areas work and home are often far apart and a great variety of distractions takes people away from home. The family group has far more competition with outside interests and amusements than it would have in a rural area. In the city a young person may have difficulty meeting people who would be suitable to marry. If he does find someone, his own family group often does not know much about the background of the person chosen.

With approximately half of our population living in houses that accommodate more than one family, apartment dwelling is commonplace to many people who live in a city. Even if a family has a house of its own, the house may not be large enough for comfortable living. The typical three room and kitchenette apartment or small house with limited storage space affords little opportunity for privacy. When space is at a premium, families find their interests outside, and the home becomes no more than a place to eat and sleep.

Such overcrowding sometimes results in poor mental health. When people are irritable and touchy, family feelings become strained. The recent trend towards suburban living shows the strong urge of families to have homes of their own where they can be together in privacy. These suburban developments may have one disadvantage, however. Since the man of the house frequently spends long hours traveling, his family cannot be with him as much as they would like, except on week ends.



Du Pont Co.

*How does labor-saving equipment affect the way families live?
Can a family buy too much equipment?*

Modern inventions have made a great change in family ways of living. Labor-saving devices have done much to cut down heavy housework, but they have also tempted some people to buy more than they really need. In addition, they have made it possible for the homemaker to give more of her time to rearing her children or to take up some form of outside work. Sometimes the purchase of labor-saving equipment makes it necessary for a woman to get a job in order to pay for the equipment.

Why are families important to our society? 9

These rapid changes have altered the family as it used to be. The homemaker no longer has satisfaction and pride in her cooking, since the local supermarket will supply adequate ready-prepared foods. Crowded conditions cause some family members to leave home. Some outside agencies tend to separate the family. Labor-saving equipment reduces family chores, leaving the homemaker more time to spend outside the home.

In spite of these developments, however, the family is becoming stronger in many ways than it has ever been before. Because they work fewer hours, it is possible for many parents to spend more time with their children. Since rearing children is considered one of the most important jobs of the family, many agencies have been established to help parents solve their problems. Modern inventions make homes more attractive and pleasant. With the increasing tension of modern living, there is a greater need than ever for people to be a part of a small unit.

People need a place where they can experience a warm affectionate relationship, where they can refresh themselves from the stresses and strains of present-day living. This purpose for family life is important. Since evidence shows that the best place to rear a child is in its own home, it is obvious that the family is as important as it ever was and that it greatly influences the lives of its members.

What are the facts about today's families?

The pattern of family life in the United States has changed markedly since World War II. For example, there are many more married people, particularly young married couples. Two-fifths of all married women are under the age of thirty-five. The average marriage age is twenty-three years for men and twenty years for women. One girl out of every three in the United States of America is married at eighteen years of age.

There has been a steady increase in total population in the country, with a prospect of further increase over the next several years. Part of this population increase is due to the increased birth rate and the decreased infant mortality rate. Part of it is due to increased life expectancy. While the total population of

the United States has doubled since 1900, the number of persons over sixty-five has quadrupled. Life expectancy rose in 1955 to seventy years. This means that while the number of people in the middle-aged group has not increased, the number of babies and older persons has increased tremendously.

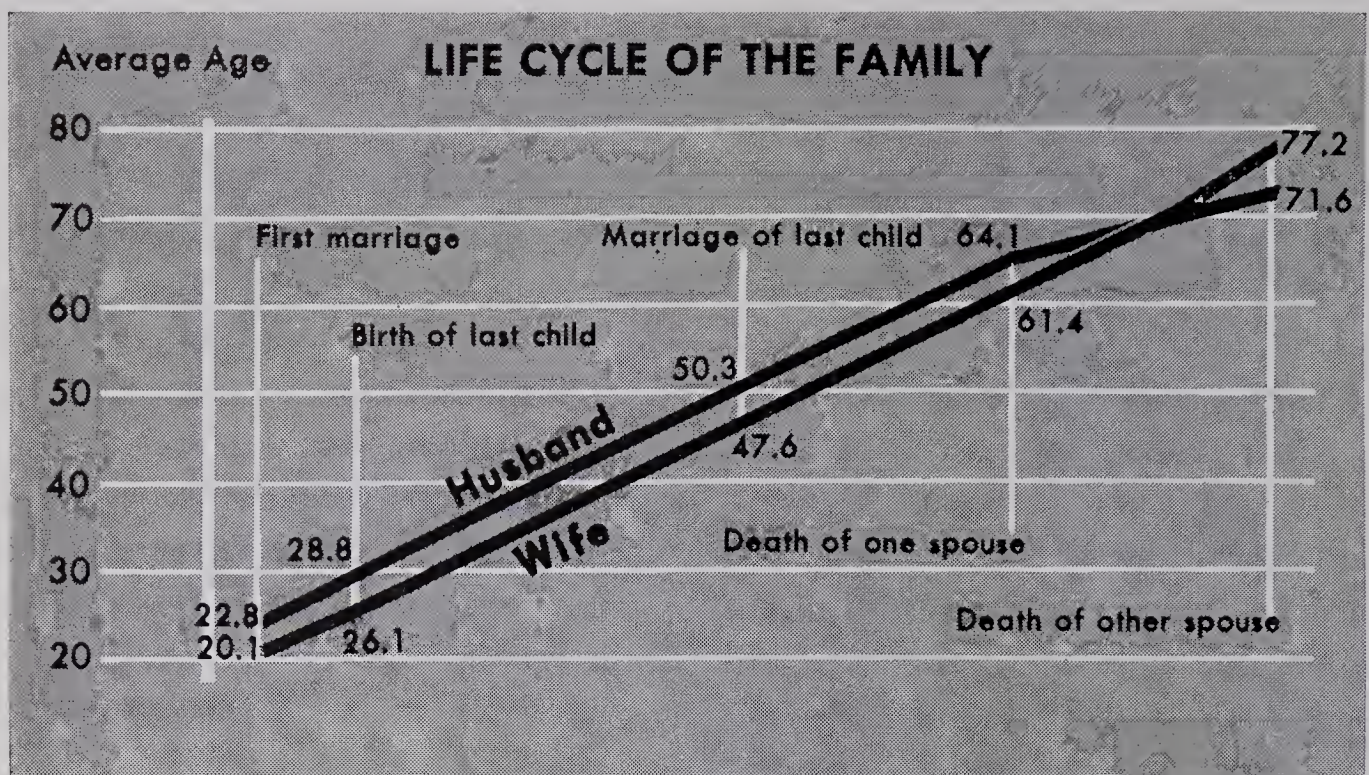
Most young married couples have at least one child; many have families of three or more. For these young people the responsibilities of family life appear quickly and increase rapidly in the early years of marriage. Their responsibilities include not only supplying the immediate needs of a growing family but also providing for the future obligations of educating their children and maintaining a home.

An increasing number of married women with families are becoming wage earners. Many are returning to work as their children enter school. Since the average age for a woman to have her last child is about twenty-six years, women often return to work when they reach their early thirties. A large number of women work part time rather than full time, but their earnings make an appreciable contribution toward the family finances.

The trend to suburban living is continuing. Many people are leaving crowded city conditions to live in smaller communities. At the same time, exclusively rural areas are becoming fewer as transportation becomes easier and modern technology, with its application of scientific knowledge to practical problems of daily living, brings the comforts of urban life to the country.

The average yearly income level of more than \$5,000 is higher now than it has ever been. Even with the increased cost of living, which has gone hand in hand with increased incomes, there is more money available for amusements. Expenditure for recreation has increased greatly since 1929. American families spend on an average five out of every six dollars earned; nearly half of all American families have installment debts which are being paid off regularly.

In a typical present-day American family, John Doe is three years older than his wife, Jane Doe. They were married when he was between twenty-two and twenty-three years of age. They have three children. The youngest child, Jimmy, was born when



Source: U. S. Census Bureau

Jane was twenty-six. She went back to work when Jimmy entered school. John's income as a skilled worker on construction is adequate, but it is not sufficient to purchase the household equipment Jane feels she needs in the new home they are buying. Their youngest child will probably be married by the time they are fifty, and an older relative may move in with them a few years later. Jane will probably outlive John, not only because she is three years younger than he is, but also because women have a longer life expectancy than men.

In this typical American family, life may be more leisurely than in former years, for the father works a 40-hour week and the mother has a variety of household equipment to help her with housekeeping jobs. Much energy is spent, however, providing money to buy goods other than the bare essentials needed for living, and there are many activities available to all members of the family that take them outside the home. Home and family become especially important for supplying security, affection, recreation, and the emotional reinforcement which comes from such experiences.

Most families observe a typical pattern of living a family life cycle. Most couples marry young and have their families in the first few years of married life. This period is a particularly busy one for the wife, but it comes when she is young, active, and perhaps most able to handle the load. By the time the wife is

in her early thirties, very often all the children are in school and she has become a part-time or a full-time wage earner.

After the last child marries and leaves home—a period sometimes called the empty-nest stage—there are still many years for the husband and wife to be alone together before one spouse dies. It is during this period that older relatives needing care may move in to live. Since women have a longer life expectancy than men, many women are widowed. The more we understand the relation of physical health and employment to happiness, the more we see the need for older people to be fully occupied so long as they are able.

Older people are becoming more and more important in our society. Their increasing life expectancy and greater opportunities for healthy and useful living are making our senior citizens valuable assets to modern life. Their wisdom and experience are highly regarded in many areas. Many industries prefer to hire older people because they tend to be more reliable than younger ones. As more children are born and as the young and middle-aged population becomes increasingly more occupied with jobs and homemaking, the services of older people are needed more than ever before. Although they may not be as active as younger people, they can help a great deal in rearing children and performing many jobs that do not require physical strength or rapid muscle reaction.

What are families for?

A family group or a group of close friends is necessary to everyone, for the need to love and be loved is a part of each of us. Consider the Jones family—Mr. and Mrs. Jones, Bob, Jim, and Ginny. All of them are actively engaged in some work or activity. Mr. Jones has a job that takes him over a wide area to see many groups of people. Mrs. Jones is interested in community affairs and belongs to several organizations. Bob, Jim, and Ginny go to school, where they take part in many activities. But the Joneses truly enjoy being together. They spend many week ends improving their house, working outdoors, and entertaining their friends.



New York State College of Home Economics

More families can enjoy the benefits of sharing with grandparents because longevity has increased. These children are learning from their grandparents and enjoying their companionship.

Each member of the Jones family, if asked, might give a different reason for his being at home. Mr. Jones enjoys the change from nerve-wracking mental effort indoors to relaxing physical activity outdoors. Mrs. Jones enjoys working in the garden and preserving fruits and vegetables. The Jones children enjoy entertaining their friends in pleasant surroundings. All of them enjoy relaxing together in a group where they are loved for themselves and not for their attainments.

Children who have no parents grow up much better in a foster home than they do in an orphanage or other institution. They need adults who will take the place of parents, with whom they can develop a close relationship. In an institution, where a great many children must share with each other under the supervision of only one adult, the children may find it difficult to learn all the skills and understandings that will help them to like and understand others.

Everyone needs a place where he can be with his family and close friends. Growing children particularly need a place to learn the many things involved in becoming adults. Adults need a home and close friends in order to deepen their understanding of others and to get a satisfaction from living. Most people are fortunate enough to live in family groups. You will notice that nearly everyone enjoys family ties of some sort even if he lives by himself.

It is in the family group that babies and young children learn how to love others and how to respond to others. A child can learn most easily in a family group to eat properly, to talk understandably, and to care for his personal needs. The case of the youngest Hertz child is an example. Mr. and Mrs. Hertz



were happy at the prospect of another baby in the family. Since they already had Marilyn, aged nine, Jean, aged seven, and the four-year-old twins, David and Daniel, when little Joe arrived he had plenty of companionship.

Mrs. Hertz encouraged the children to share in caring for Joe, although she realized that they were all too young to take much active responsibility. But the youngsters liked to play with him, and his first words were copied from Jean who loved to talk to him. As soon as he was able to sit alone, Mrs. Hertz put him in his highchair at the family table for meals and arranged the menus so that he could have some of the food the others were eating.

Soon Joe was taking his place with the rest of the family and was learning quickly from his parents and brothers and sisters. He was not shy when people came to visit. By the time he was five, he was eager to go to school because he had heard his brothers and sisters talk about it.



Little Mary Jane Edwards was different. She too had a sister and a brother. Bill was five and Louanne was three. Mrs. Edwards loved her children and felt responsible for them. She had been a much-protected child herself and showed her feeling of responsibility for her children through her anxious care of them. Mary Jane was kept on such a strict feeding and sleeping schedule

that the other children were not encouraged to do more than peek at her once in a while. Mrs. Edwards fed Mary Jane separately from the rest of the family because she felt the child caused too much disturbance at the table. She liked Mary Jane to be neat and pretty, so she dressed and undressed her every day, not taking enough time to teach the child to do this for herself.

Mary Jane grew up to be a spoiled child who clung to her mother. When the time came for her to go to school, she found it difficult to make friends easily. She was choosy about the lunch provided during the day and could not look after herself as well as the other children did.

In both cases the children were normal and healthy. Joe had been helped by his family to do things for himself and to take his part in the group. Mary Jane had been prevented from doing things for herself and consequently had to learn later and under less easy circumstances.

Older children need their family to support them in many ways as they become more independent. The family is needed to explain happenings in the outside world which children do not understand. The family can help children understand why certain rules of conduct must be obeyed and can teach them how to live in a group. Older children need their family too. They must learn accepted ways of behaving towards others and see by example how to develop happy relationships with new acquaintances.

Jim Sharp, aged ten, was an only child. One day he came home from school with a story about a new foreign boy who did not speak English well and who acted queerly. Some of the kids had laughed at him. Although Jim's father did not say much at the time, later he encouraged Jim to invite the new boy to play in the Sharp yard with other children. Jim found that René knew some games that were different and worth trying out, and he followed his family's cue in trying to make René feel a member of this new group. Soon he found he and René were good friends.

Ralph, another boy in Jim's class, had a different experience.



When his mother and older sister heard about René from some of the teachers, they said that they were sick and tired of these foreigners moving in, taking up all the available housing. They hoped they wouldn't stay long.

Both boys had met René. In one case Jim's family had helped Jim to get along well with others and to accept new and different people and points of view. Ralph had been encouraged to think of strangers and foreigners as people who were more than ready to grab all they could get. Both Jim and Ralph were really reflecting a family attitude.

Teen-agers need their family to help them establish themselves as independent adults. Teen-agers need to learn from the family how to accept their own sex role and how to understand the other sex. They need to learn how to get along with people of all ages.

Nancy Clark had been asked to baby-sit for a young couple in her neighborhood. She wanted to earn some extra money for a new dress because she felt that her allowance was too small compared with that of her friends. She had already talked with her mother about this problem, and her mother had said that the money for a new dress would have to be earned by Nancy herself.



Although Nancy did not like young children very much, she felt that the job would be an easy way of earning the money. She accepted it without consulting her mother. The experience turned out to be an unhappy one. The children were difficult to deal with, and the parents came home much later than they had said they would. Nancy's mother had been so worried about her that she forbade her to take any more jobs. As a result, Nancy did not earn the money for her dress.

In Jane's family the situation was different. Jane also wanted a new dress to wear to the junior prom. She talked with her parents about it, realizing that others in the family would have to forego new clothes if she used more than her share of the clothing allowance. Both she and her mother enjoyed sewing, and Jane had taken a course in clothing at school. Through her older sister, who knew a young couple who needed a baby

sitter, Jane was able to secure a job. When she earned enough money, she bought material for the dress and she and her mother worked on it together. It was such a beautiful dress that the dance was a success. Her family's support of her project encouraged her to become more self-reliant and sure of herself.

Young adults need their family to help them prepare for marriage and family life. Experiences at home will greatly affect a young couple's attitude toward marriage. Their skill in starting a new home and raising a family successfully depends largely on what they learned at home.



Arlene and Jim were planning to get married. They both worked in a large city. Arlene lived at a girls' club; Jim roomed with a friend. Jim's parents were divorced; Arlene's lived in a distant city. Neither knew very much about setting up a home. They found it difficult to make their combined income cover the costs of the new apartment and the luxuries they wanted to maintain. They did not want to give up activities they had previously enjoyed or to make sacrifices for each other.

Their friends Ginny and Bill were more fortunate. Ginny and Bill also lived far from their parents' homes, but both had grown up in a family where activities were shared. Ginny came from a large family where everyone took part in helping to keep the home comfortable and attractive. She had learned early to make the best use of available money and to share what there was with the others. Although Bill was an only child, he too had shared in home duties and responsibilities. His childhood had been happy, and he felt a close affection for his parents. The experiences that he and Ginny had undergone with their families helped them to build their married life on a firm basis of mutual affection and responsibility.

Middle-aged people need their family to give them a sense of purpose and accomplishment. People of middle-age need to develop worthwhile outside activities that they can follow when their children have grown up and left home. Mr. and Mrs. Jones were lonely after the marriage of their youngest daughter. Only five years previously the house had been bulging with

children. Now it felt empty. It was particularly difficult for Mrs. Jones. After years of devoting herself to her children's wants, she felt she had no definite purpose in life, while Mr. Jones had his job.



This feeling persisted in spite of her efforts to continue to interest herself in the affairs of her children. Her frequent offers of hospitality were not always enthusiastically accepted, although the children did find Granny useful as a baby sitter. She joined a local women's club but was so little interested in it that she spent most of her time talking about her grandchildren. She could not understand why her friend Mrs. Stein appeared to be so well content with her lot.

Mrs. Stein also had married sons and daughters. Her family, however, had always shared home responsibilities, and as soon as the children were old enough, Mrs. Stein took a part-time job in the occupation she had followed before her marriage. By doing this, she helped the whole family to become more self-reliant but left herself sufficiently free to retain her position of responsibility as homemaker in chief. She found a new hobby, too, in learning to speak Spanish, and she and Mr. Stein are planning a trip to Mexico.

As the children married, she maintained a close and affectionate relationship with them but did not depend upon them for companionship. Her part-time job kept her interests fresh, yet she had leisure time to devote to Mr. Stein and to do her housework a little more slowly than she had done it as a young woman.

Older people need their family's interest and concern. Older people should be able to retain their independence if they wish, yet have companionship and assistance when it is needed. Old Mr. and Mrs. Stonar were happy that they had retained their health. Their sons and daughters were middle-aged; the Stonars had recently attended the first birthday party of their third great-grandchild. Even with Mr. Stonar's failing eyesight and Mrs. Stonar's slight heart condition, they felt they were fortunate to be independent yet close to their



children. She knew that if either she or Mr. Stonar were sick there would be ready help. In the meantime, they lived in their own home as they had always done. She and Mr. Stonar enjoyed the friendship of their family, and the great-grandchildren loved the short visits they made to their great-grandparents.

What helps to keep the family strong?

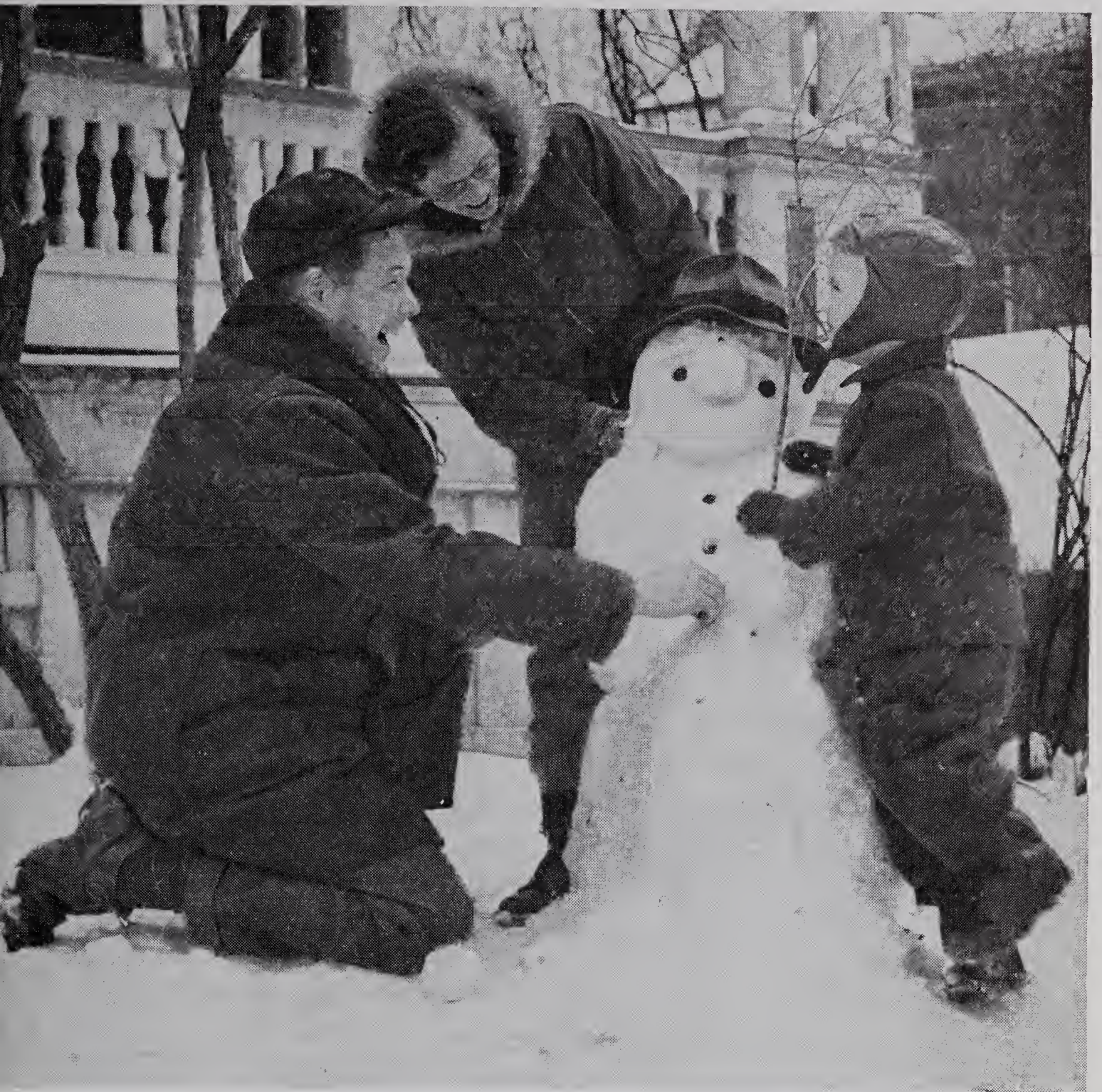
No substitute has been found to equal the family group as a suitable place for a child to spend its earliest years. The family unit is important, too, as a consumer agency. The father works to produce money; the mother may assist him. Both use this money to bring up their children to an age when the children are independent enough to be producers themselves. This could be done on a large scale through an institution. Yet experiments have proved that people have the most incentive to work hard and produce when the resulting benefits will come to them and their family rather than to a nebulous common good.

Education was once a function that belonged to the family alone. Now it has been taken almost entirely out of the hands of the family. Research shows, however, that children who come from homes where the parents are interested in a good education are more likely to do well in school.

Religion is another important function of the family. When the parents disclaim responsibility for helping their children to develop spiritual understanding, most religious organizations can do little in the brief periods of time at their disposal.

The social function of the family is extremely important. The family group represents society to the small child. It gives him understanding of language, customs, physical skills, standards of conduct, and human relations. It helps the child to see himself in relation to society as a whole. It provides him with a feeling of belonging to a group.

Everyone needs love and affection. Everyone wants to know that he is loved, and he wants to be able to love others. Children particularly need an affectionate atmosphere if they are to get along with others when they grow up. The family has so far been able to provide this atmosphere better than any other agency.



New York State Colleges of Agriculture and Home Economics

Providing good care and giving affection are probably the most important functions of the family.

Because the family is important, there are many aids to help keep it strong. The family satisfies the basic wishes of men and women for intimate companionship, for opportunity to rear their children, and for continuity in their life pattern. The family group is the best agency for handing on the ideals of mankind. For many reasons, the family home is the best place for a child to be brought up. Because families often need advice on strengthening family relations, many social institutions and organizations have been established to help them.

Why are families important to our society? 21

Magazines, radio, and television are frequently used to present educational material about home and family life. Some agencies, however, tend to exploit interest in the family by presenting family situations which are overdramatized and sensational rather than true. One of the purposes of education in home and family living is to help young people differentiate between helpful information and information which is used to produce sensation or merely to promote sales.

Religious groups make vital efforts to support the family. The church and synagogue have always supported belief in the importance of the family. Many religious groups now are offering classes and discussion groups for young people and adults who want advice about courtship, marriage, and family relations. Clergymen have long been known as counselors in human relations, and marriage counseling is becoming increasingly important in their work as people realize the need for help in building a happy home life.

Schools are recognizing education for home and family living as a part of their total program. A growing number of high schools are including courses in home and family living as a part of the homemaking program to help young people prepare for what will be for most of them an important part of their lives. Some of these courses are similar to the one you are now taking. Just as once so little was known of the causes of physical health that the school curriculum included nothing in health education, so we are beginning to know enough about families and homes to realize the need for home and family life education. Many public schools have programs for adults in marriage and family relationships and child development.

Increasing interest is being shown in the elementary school program to help children understand more about such phases of home and family life as getting along with younger brothers and sisters and being a responsible family member. This new development should be of real assistance in helping families to do their job well.

Public health departments are always available to help families. Public health departments assist with child care. They give instruction in good health practices, home safety, and sanita-

HILLWOODS CENTRAL SCHOOL

P. T. A.

invites you to hear

DR. HENRY J. BROWN

who will speak on

THE CHILD AT HOME AND SCHOOL

Wednesday, April 4th

School Auditorium

Community groups and agencies provide various educational activities, facilities, and services to help families find ways to solve some problems and to avoid the creation of others.

tion. The well-baby clinics and the visiting nurses are valuable sources of help to young mothers. They show them how to maintain the physical health of their families, and they provide informal counseling and assistance in problems relating to finances and family relationships.

Other professional services are available to the family. Sometimes the church, the school, and the public health department cannot give the family the services it wants. When legal counsel is needed, it is often possible to obtain the services of a family counselor just as one would engage a lawyer. Such a counselor is equipped to help with problems in relationships, management or finance, and child rearing. Since the study of home and family is comparatively new, qualifications for these counselors and family organizations vary. It is therefore wise to

Why are families important to our society? 23

check with a national organization concerned with family counseling to make sure that the counselor whom you propose to consult is well qualified.

The family has many friends to keep it strong. Among these are religious organizations, schools, public health departments, child welfare agencies, and specialists in family counseling. Families have also many would-be friends who sometimes are helpful and sometimes are not. Radio and television, advertisers and manufacturers, popular magazines and newspapers are examples. The ability to recognize and use genuine help is of great importance to homemakers. It is one of the reasons why courses in home and family life education are offered in the school program.

Chapter checkup

- 1 Describe family practices you have observed in connection with such special days as Christmas, birthdays, and Thanksgiving Day. Show how these practices contribute to family solidarity.
- 2 Make a list of some of the things that you believe help to develop family love and loyalty.
- 3 What are some of the reasons for saying that family life is breaking down? What are some of the reasons for saying that family life is becoming stronger? Why do you think your family is important to you?
- 4 What are the various stages in the family life cycle? How do they affect the life of the wife and mother?
- 5 What are some of the problems faced by young adults when they have a home? By parents when their children leave home?
- 6 Why are older people important in our society? How are their needs similar to those of young people? What can be done by families to help their older members maintain the best mental health?
- 7 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

emotional reinforcement	life expectancy
family life cycle	relationships
function	technology



Chapter forecast

Chapter 2

*What abilities are these
two young people bringing to
their marriage?*



*Do present family relations
foretell the future?*

Standard Oil Co. (N. J.)



Are you learning to manage your money to get what you really want? Can you pass up a hit movie in order to save for an article of clothing that you think you must have?

Du Pont Co.



Do both men and women need to be prepared for a vocation?

Standard Oil Co. (N. J.)

Chapter 2

Building for the future takes planning and thought

Today young couples planning marriage can find a great deal of material to help them. Perhaps acquiring a realistic view of marriage is most helpful in starting their new life. Information based on extensive study and research is available to all who want it. The experiences of many people can be of more value than the opinion of one kindly neighbor or the guidance of someone who might be biased or misinformed.

More people are marrying now than ever before in history. And a greater proportion of those marrying have been preparing themselves for this serious segment of the life cycle. A young person might decide to take a chance on marrying without sufficient preparation, but it would probably be difficult to find someone willing to marry him under those circumstances.

Only about eight persons out of one hundred in the United States never marry. Two things—the earlier average age at

which young couples marry and the falling death rate—have greatly increased the number of years couples spend in the marital state. More people marry and stay married longer today, a fact which might further support the modern trend toward better preparation for family living. At one time, study of marriage relationships was taboo, but at present it is imperative. The new marriage—flexible, co-operative, and individually satisfying—requires knowledge and skill not even imagined by people in past generations.

Preparation for marriage is much different from learning a skill or embarking upon a career. It involves interpersonal relationships developed not by accident but through real effort and experience. The acquisition of numerous skills is a part of this preparation. The success of a marriage affects not only one person but many, and eventually the success of each family affects the welfare of society itself.

Ideas for action

1 Sources for study

Allen, B., and Briggs, M. P. *Mind Your Manners*. J. B. Lippincott Co. Chicago. Chapters 24 and 25.

Duvall, E. M., and Hill, R. *When You Marry*. D. C. Heath and Co. Boston.

Foster, R. G. *Marriage and Family Relationships*. The Macmillan Co. New York.

Landis, P. H. *Your Marriage and Family Living*. McGraw-Hill Book Co. New York.

- 2** Have an exhibit of materials and resources on preparation for marriage and family living.
- 3** Using a variety of reading references as preparation, conduct a round-table discussion on the topic "When should you marry?" A committee may prepare a bulletin board on this topic from conclusions reached by group discussion.
- 4** Compare different kinds of maturity: emotional, physical, intellectual, vocational, and spiritual. Discuss ways in which

readiness for marriage might be judged by considering a person's maturity in its various aspects.

- 5 Prepare short skits demonstrating the presence or absence of evidences of emotional maturity in people of your age group.
- 6 Through role-play explore the advantages and disadvantages of homemakers working outside the home. The roles might include

the homemaker who has a special training or interest.

the homemaker who considers added income important.

the homemaker who considers it more economical not to work outside the home.

the homemaker who has children.

the homemaker who has no children.

- 7 Divide the class into groups for buzz sessions on ways in which a person may prepare for marriage while living with his present family. Compile notes; then compare the results of the discussion of each group.
- 8 Devise and prepare a personality rating scale for ascertaining how a person rates as a family member. Using this scale, have each class member rate himself. He can then discuss his weaknesses and strengths with the teacher, or some other qualified person, to discover ways for improvement.
- 9 Prepare and present skits that demonstrate how feelings of insecurity or inferiority affect behavior. Include in the skits some possible reasons for jealousy, and show how jealousy may be overcome.
- 10 Survey attitudes of class members toward marriage by asking each member to write a theme on one of these topics:
How I feel about marriage—and why
What I will expect of my wife (or husband)
How we will live when we are married
- 11 Collect cartoons about marriage and family living. Analyze them in terms of how realistic they are. Discuss some of the problems in marriage depicted by these cartoons. Tell how they may be solved.
- 12 Prepare a bulletin board or a series of skits demonstrating why homemaking skills are important to a successful marriage.

- 13 Invite a qualified person to discuss with the class the importance of preparation for parenthood.
- 14 Collect cartoons depicting various aspects of in-law relationships. Use them as a basis for discussion of how attitudes, skills in human relations, and understanding of others are all related to developing desirable in-law relationships.
- 15 Have committees report to the class as much information as possible on these topics and other similar topics:

The legal requirements for marriage in your state

Some of the legal aspects of marriage

Marriage counseling services available locally and any other such resources for married couples

The need for legislation to regulate marriage and divorce on a national basis

- 16 List ways in which a young couple moving into a community might become an asset to that community. Discuss the advantages to the couple of being this kind of a family in a community.

What will you be like in your future family?

“Whom should I marry?” young people ask. We can reply that *when* a person marries is as important as *whom* he marries. In other words, *maturity* indicates when you should marry and it might be more important than the person you choose to marry. Age is a factor in readiness for marriage, but there are other considerations. The time to marry is dependent upon maturity as well as a real understanding of what marriage is today and what families are for. A young person should be ready to accept the responsibilities along with the pleasures of both marriage and parenthood.

Maturity is important to marital success. Chronological age is a factor too. Statistics show that the greater percentage of unhappy marriages are those in which the girl married before she was twenty years old or in which the boy married before he was twenty-four years old. This may be explained in many ways.

One reason may be that your ideas as to a desirable partner

change as you grow older. The characteristics you consider important in a suitable marriage partner while you are in high school may be completely different when you have been out of school for a while. Many young couples recognize this. For instance, when the young man must be away in the armed service, they might wait until he returns to marry. They want to be sure that their ideas have not changed or that they have not developed different interests.

Younger marriages may fail because of economic reasons. It is sometimes difficult for a young man to support a family adequately before he reaches his middle twenties, particularly if he is trying to establish his vocation.

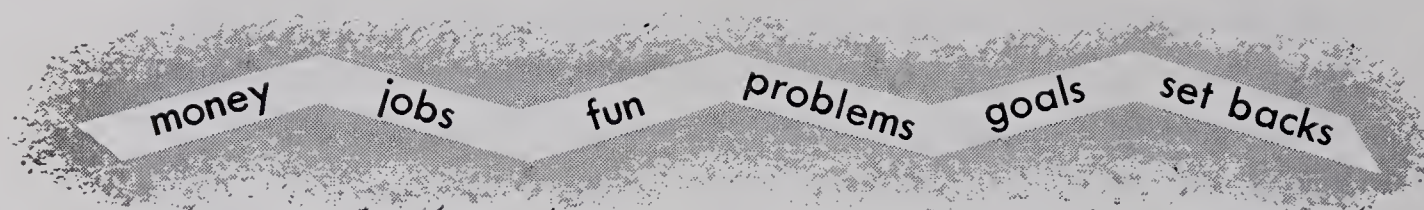
Maturity may indicate readiness for marriage. What age are you in terms of maturity? Are you emotionally independent of your parents? Are you making decisions for yourself? Are you handling your money wisely without your parents' help? Have you grown up enough to give up your side of an argument on occasion? These are but a few of the questions you might ask yourself.

You should consider whether marriage would prevent the completion of your education. Marriage while you are still in school might mean living on a low income all your life or may ultimately prevent your adequately supporting a family.

Women today feel that education and training are needed to find a job so that they can help financially before children arrive. Since young people just beginning their careers are likely to earn less than older workers, a young couple might find that both husband and wife must work. Some women enjoy being able to work outside the home when the children are older. Many desire the security of knowing they can support themselves and their children if the need ever arises.

Successful relationships with your present family are important. An employer often considers a prospective worker's record on his previous job. He recognizes that certain problems or obstacles may have affected the success of the worker on the other job. Adjustment to one position, however, may well predict success in another.

Your success in your future family may be predicted by how



Are you learning to take your full share of responsibility in family living?

well you are making adjustments in your present one. This is true in most cases regardless of the type of family you have, the special problems involved, or the obstacles to family harmony. How well are you mastering skills in human relationships? Are you getting along with all members of your family? Do you show them love and consideration, appreciation and praise?

Co-operative living requires independence of action as well as working together. Do you accomplish your tasks without being reminded by others? Are you mature enough to live co-operatively with others? At times this may mean developing the ability to agree to disagree and working around a problem rather than making it a sore point about which to quarrel.

The Girards, a family of four, like many families had but one bathroom. They had a real problem when it came to sharing the bathroom in the morning. All except Mrs. Girard had to leave the house at the same time. Julie, a high school senior, felt she needed the bathroom for a half-hour at least. Her brother Bob figured he needed it for 15 minutes. Mr. Girard created the biggest problem. The family could count on his using the bathroom for at least 40 minutes regardless of how many waited. At first there had been comments; then came sharper words. Breakfast for a few mornings became a series of sullen, hurried affairs.

Finally, Julie decided to give in. She set her alarm to awaken her 30 to 40 minutes earlier than her father and brother. For Julie, getting up so much earlier was almost a hardship, but she found that she had the bathroom to herself and that it meant peace in the family. What Julie may not have realized was that she was learning to make adjustments in living co-operatively with others. She did not, however, have to give in



*Are you willing to give up your dreams in exchange
for real living?*

every time the family met a problem in living co-operatively. Each one of the Girards had a share in making the adjustments so necessary to the harmony they all enjoyed.

Building for the future takes planning and thought. Have you grown up enough to realize that planning is needed to acquire what you most want? Perhaps you will learn to postpone some immediate pleasures for others you will want more later on. If your decision involves doing without at present, can you follow through on your plans without resentment or feelings of frustration?

Florence Brown was ambitious for her young husband's success. She wanted a home of their own. Since Jack worked for a small income, however, the couple were forced to rent a furnished apartment for several years before they could save enough to make the initial payment on a house. Florence was unhappy during this period. She peered longingly at new houses being built; she refused to entertain in "this hole"; and she continually talked to her husband about other couples who had their own homes. Finally, in desperation, Jack managed to borrow enough money for a down payment on a house. This was just the beginning of trouble. Payments on the loan, on the house, and on furnishings for it made a tremendous financial



Du Pont Co.

Before buying perfume or other expensive gifts for his wife, a young husband should first look at the price tags.

load. The couple were so much in debt they nearly lost their investment.

The Browns finally paid their bills and now own their home. Today, however, Florence looks longingly at more modern houses, and envies her neighbors the fur coats they wear. But repairs are needed for the house. These will cost as much as a fur coat. Florence has not yet learned that she cannot have her cake and eat it too.

The financial trouble of the Browns illustrates what can happen when a young woman had never learned to give up the things she immediately desired regardless of the things she wanted in the future. To decide together what they want most is as much a part of a couple's family living as is getting what

they want. Values and desires change, too, during the period a couple live together, and the desires of each need to be adjusted to what both want most.

Two women who had been school friends before they were married were window-shopping. As they walked along, with one accord they stopped to examine first a men's clothing store window, then, a children's shop, and finally a furniture store window. They laughed at themselves because before their marriage they had window-shopped together and had ignored all but the women's shops. The values and interests of these two women had changed. What characteristics had they evidently acquired?

How can you help yourself grow up?

The personality that you have already developed and the improvements that you can make in it will have much bearing on your success in marriage. Optimism, cheerful acceptance of responsibility, emotional control, and the ability to accept the "downs" as well as the "ups" in life are all indications of maturity. Let us consider other aspects of a person's personality which will affect marital success.

Acceptance of self is part of maturation. Are you able to accept yourself as you are? Being able to accept your physical appearance and to adjust to it are necessary to really growing up. You will need to accept also various mental and emotional aspects of your particular make-up. These include your abilities and your talents, and the strengths as well as the limitations in them.

When you have reached this stage in your development, you will be better able to forget yourself. You will be free to consider others and to live with them more successfully. Much of the shyness and discomfort of some people is caused by their overconcern with themselves. Their weaknesses and shortcomings either color or destroy their desirable relationships with others. This does not mean you should accept the idea that you cannot grow or improve, for continuous growth and development is a part of maturation throughout life.

Do you expect that others will be different from you? Have

you grown up to the point where you do not expect others to think as you do or to have the same interests? You and your marriage partner will have many of the same interests, but you will have just as many different ones. Will you be able to accept in others the thoughts, the opinions, the interests, and the values that you cannot share?

The mature person takes the responsibility for his own health. Are you taking the responsibility for maintaining your own physical, mental, and emotional health? Some people never grow up enough to practice good health habits without constant help or prodding from others. If both partners in marriage will take the responsibility for maintaining their own good health, they will help to protect the marriage economically.

Laura, a young woman who had been an only child, had never accepted the responsibility for going to a doctor. If she showed any symptoms of illness, her parents suggested the need for medical attention. After Laura married, the first time she was sick her young husband did not recognize her symptoms of illness. By the time he became aware of them and had persuaded his wife to obtain medical attention, her illness was sufficiently serious to create expense, worry, extra nursing care, and general unhappiness.

Acceptance of others is part of growing up. When you are able to accept yourself as you are, you can better accept others without criticism. Have you matured enough to realize that you cannot make over other people or change their personalities? You will only cause yourself and others unhappiness if you try to change their ideas, habits, values, or ideals. Consider the lack of love, affection, and appreciation shown in the lines from the old song: "You made me what I am today; I hope you're satisfied!"

How well have you learned the difference between accepting others as they are and merely developing a tolerance for them? Tolerance is a temporary measure, a stopgap sort of treatment, to enable you to live as you want to with others. Real acceptance goes much deeper. It means both giving and taking. It is a co-operative adjustment between individuals.

An illustration of acceptance is the ability to maintain your



*Teen-agers, like all people, have a tendency to “follow the crowd.”
But sometimes, by being yourself, you won’t
look as sloppy as these young people.*

own standards, not blindly following others, yet not imposing your standards on others. No one loves either a “door mat” or a reformer. Learn to follow your own inclinations, to develop self-expression, and to permit others the same freedom.

All human beings have weaknesses. When you recognize your own weaknesses, usually you can do something about overcoming them. However, it is easier to see the faults of others. Marriages sometimes fail because one or both partners are not mature enough to realize that no matter how much they may love one another, each will have his faults. One of the great lessons in learning to live successfully with others is to love and accept them regardless of their faults.



New York State Colleges of Agriculture and Home Economics

These two people enjoy each other's company. Are you learning to appreciate people of all ages?

Skill in human relations means living successfully with people of all ages. Do you accept people of all ages, or do you confine your interest and skill in relationships to those in your own age group? Teen-agers, unfortunately, are often accused of being interested in few people outside their own group. It takes a great deal of growing up to understand, to be interested in, and to appreciate people of all ages.



Living for Young Homemakers

A mutual interest, if wisely used, can help to develop mutual feelings of respect and security.

The Baxters were very popular in the young-married crowd in town. When a friend asked them who lived next door to them, Joe Baxter replied, "Oh, some old duck and his wife." The friend was surprised and at the same time wondered just how mature the Baxters were. He knew that the man living next door to the Baxters was an expert in Joe Baxter's field of work and that Joe might have learned a great deal from him.

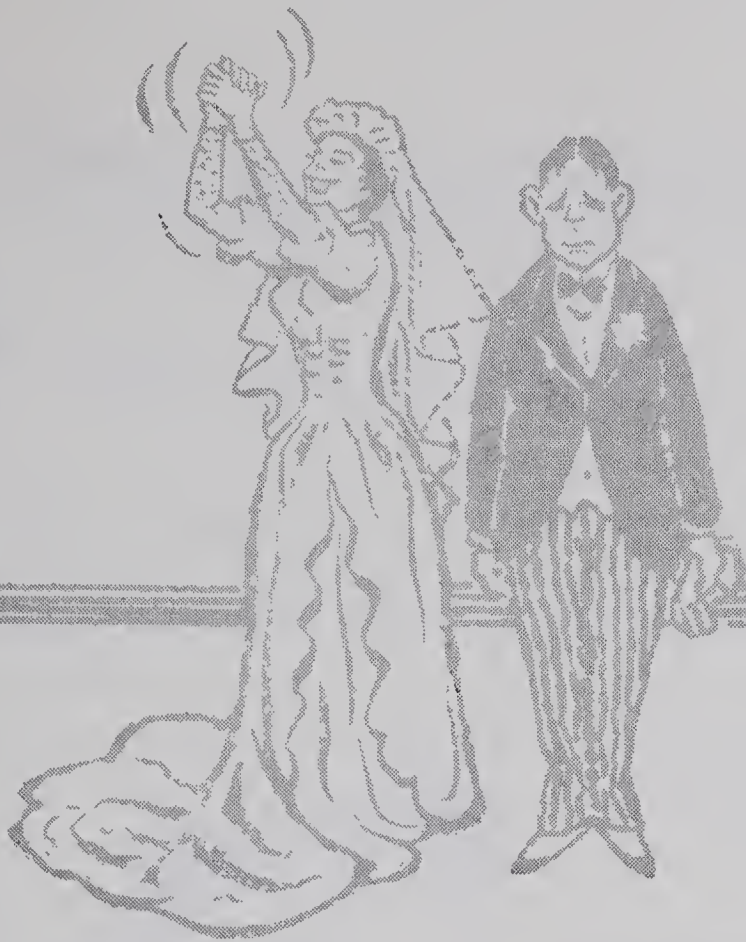
Actually both the Baxters and their elderly neighbors could have found mutual values in friendship. The older couple could have shared the gaiety of the younger couple's life and helped them meet some of their problems. The Baxters could have widened their interests and received the benefit of the older couple's experience.

A sense of security creates better human relations. How secure are you? Do you feel able to bolster the ego of others without fear of losing your own prestige or sense of security? People who have feelings of inferiority do not, as a rule, make desirable marriage partners. They feel a compulsion to reduce others to their level in order to maintain their own self-importance. These people are immature. It is an indication of maturity to be able to recognize accomplishment in others and to praise it.

Basic feelings of inferiority result in many undesirable behavior patterns. A person who feels insecure may become the domineering type who must compensate for his own feelings by bossing others and outwardly building himself up as an important person. Another insecure person may become jealously fearful that others will gain more love and respect than he. Feelings of insecurity can be overcome and do not need to be masked by domineering personalities, jealousy, possessiveness, or demanding ways. Test whether you have grown up enough to be able to appreciate others. Can you compliment them and respect them without fear of losing your own place in the sun?

Are you planning your future realistically?

For someone to say that divorce is easy and that marriages can be broken is an indication that he is not prepared to make marriage work. The emotional problems involved for both the man and the woman who have failed at marriage may threaten their mental health and future happiness. Children may be so affected by a broken marriage that the harm done can never actually be undone. Even the economic aspects involved are a tremendous problem. The state, the church, and people in general do not take marriage lightly. Any person who is mature at the time he marries considers marriage a serious obligation.



*Are you marrying just to be married?
Or do you realize that there is a lot more to
marriage than is told by sentimental
movies or popular songs?*

To make marriage work takes determination and realism. Will you be determined to make your marriage succeed? Real determination is significant, for it shows that you are willing to work at the job. Successful marriages do not just happen. They are created—actually built through effort, thought, self-sacrifice, and intelligent planning. Only as marriage is recognized as a serious step and is entered into with full understanding of oneself and of the person he marries, can it have any success in fulfilling the needs of a couple.

When you are considering the advantages of marriage as a way of living, can you face realistically the fact that there will be many problems? It would be impossible to find two people who are perfectly matched. There will always be differences in background, temperament, values, habits, ideals, attitudes, beliefs, and educational experience in any two people. If both marriage partners, however, are able to adjust to factors which do not promise the best compatibility, the marriage will succeed. If they can work out together the problems which are likely to be caused by their differences, the marriage will succeed.

Money does matter. Money cannot always buy happiness. However, the major problem of married couples today is an economic one. Actually the real problem does not seem to be how much money they have or how it shall be spent but the values the couple hope to obtain by its use. Differences in attitudes and ideals concerning what should be gained through the use of money stems back to the couples' backgrounds and to the personality or value system of each individual.

One person may feel that education is extremely important and worth the money spent on it. Another may feel that there are wiser investments. One father with much personal sacrifice sends his boy through college. Another takes his son directly into the business world, investing money to get him established. One person may believe that buying a home is extremely important. His marriage partner may believe just as strongly that the money should be spent rearing children. Needless to say, such different feelings result in tensions.

Marital dissension over money is not necessarily caused by too little income or conversely by too much. Rather, it results from differences in opinion as to what each marriage partner considers the best use for money. Adjusting to these differences in attitudes and values seems to be the major problem in most marriages today. What are some ways you might suggest for overcoming these differences both before and after marriage?

Mature attitudes toward sex are important. Attitudes toward sex are generally a result of social standards, religious beliefs, and attitudes and respect toward others. Healthy attitudes toward sex are developed through reliable and sufficient knowledge. Essential, too, is practice in the basic skills of successful human relationships: consideration, affection, understanding, and maturity of personality.

Young people need the right kind of sex education in order to develop realistic expectations of sexual adjustment in marriage. Today, they can obtain from many sources knowledge for developing healthy attitudes toward sex. There are fewer taboos, and there are more sources of information, including the church, reliable reading materials, more reliably informed parents, and schools with greater freedom to help.

FAVORABLE SIGNS FOR WISE CHOICE OF A MARRIAGE PARTNER



Happy childhood background



Parents happily married—

★ **Gets along with parents without extreme attachments**



**Age: mature—
Usually over 21**



**Some religious
training—**

★ **Similar
religious
background**



**Socially
well adjusted**



**Similar
educational
background**



Adequate vocational preparation



Similar interests



Desirable personal traits:

- ★ **cheerfulness—**
- ★ **generosity—**
- ★ **sense of fair play—**
- ★ **consideration for others—**
- ★ **secure—**
- ★ **companionable**

Sexual incompatibility is often a symptom of failure in other adjustments. Sexual adjustment is just one of the many adjustments that must be made in marriage. Strangely enough, as studies have shown, when other adjustments are successfully made, sexual adjustment is usually present.

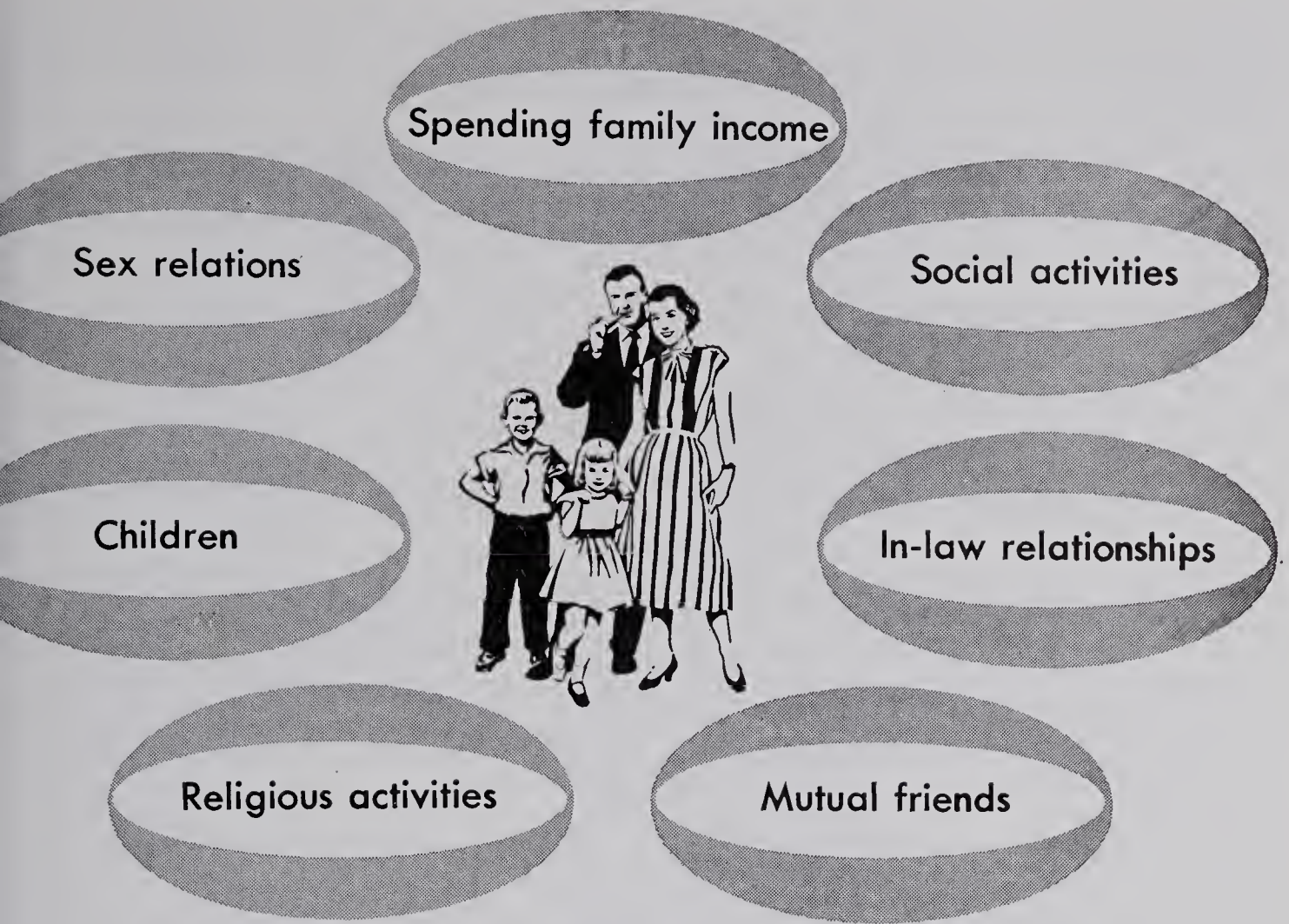
Although sexual incompatibility may seem to be a cause of some failures in marriage, it is seldom the basic reason. It is instead merely a symptom of failure in other relationships. If husband and wife cannot resolve differences as to money management, guidance of children, or any other aspect of their life together, the resentments and dissatisfactions resulting may prevent satisfactory sexual adjustment.

Adaptability fosters marital adjustment. The five major areas of adjustment in marriage are money matters, sex, social patterns and friends, in-law relationships, and religious activities. Differences in values and expectations of what marriage should be are perhaps the most significant blocks to adjustment in any or all of these areas. Couples who mature in their marriage, becoming more considerate and understanding in their relationships with each other, are most likely to succeed. The adaptability of both marriage partners will be the decisive factor.

Major differences in attitudes, ideals, and behavior should be discovered and worked out during the engagement period to the satisfaction of both persons contemplating marriage. Verbal agreements are not worth much unless they are carried out in practice. Can you give an example of this?

As problems in relationships arise after marriage, they should be solved as early in the marriage as possible. Louise and her young husband Jim found soon after their marriage that they did not agree about the amount of time to be spent with in-laws.

Louise had come from a closely knit family that had kept most of their social activities within the family circle, excluding all but a few friends. Jim had many friends with whom he always spent a great deal of time. Louise's family had already begun to feel a resentment toward the young husband, which was threatening the new, important in-law relationship. Jim accused Louise of not liking "his" friends. Talking out this



THE PROBLEM AREAS IN MARITAL ADJUSTMENT

problem early in their marriage prevented other more serious problems from emerging and threatening their adjustment in other aspects of their living together.

Differences should be dealt with, not postponed. Louise and Jim found that, throughout their marriage, problems and differences were best met and solved as they were recognized. They soon discovered that the longer an unsatisfactory marital situation was allowed to continue, the more intense the problem became and the more difficult it was to solve. Airing differences and reaching agreements as they arose prevented emotional build-ups that might have resulted in bitter quarreling over trivialities.

Is homemaking important?

As long as it seems practical and best for the family to live together under one roof, homemaking is definitely important. Jane said when she married, "Oh, Joe will eat my cooking and like it. He loves me." This may have been true at first. If Jane

really loves Joe, however, she will want to make sure that his meals are interesting, delicious, and within reasonable cost. Above all, she will want to keep him healthy.

From the depths of his comfortable chair in a well-run men's club, a popular young bachelor may sigh happily and say, "I like this better than marriage. I have meals I enjoy, clothes pressed, room clean, comfort, company, and no problems with the little woman." A list of what this bachelor might be missing in life could fill this page.

Of course, the average homemaker cannot hope to compete with the appointments and services of a well-established men's club. But it is more significant here to consider the number of club chairs that are filled by men who hesitate to risk or can no longer stand the stresses and strains of mismanaged households, uninteresting meals, and poor family relationships. Some women avoid marriage for the same reasons.

The attractiveness, the comfort, the peaceful emotional climate of a home are important to most people. Certain basic skills are needed to maintain the physical, mental, and emotional health of everyone in the home. These skills include home management and care, feeding the family, and clothing and housing the family. They include those skills essential for satisfactory family relationships.

Learning homemaking skills via the trial-and-error method is not done by smart couples today. They realize that although money management, for example, can be learned through experience after marriage, by that time it may be too late. It may be too late to own a home, too late to give proper care to the children, too late to settle the quarrels that rise out of money troubles. In every area of family living, homemaking is important. From your own observations of newly married couples, what are some examples to illustrate this fact?

Do most marriages include parenthood?

Although many couples frankly discuss how they both feel about having children, often at the time of marriage they are not too much concerned with their responsibilities as parents. Parenthood is likely to be one of those abstractions which they



Homemaking is important in every area of family living. Are you taking time to practice homemaking skills?

will deal with in the future. When a couple are happily married, however, they usually want children. Today the majority of young marrieds do have children, usually early in marriage. Consequently, any differences concerning this issue should be dealt with during the engagement period.

We can never learn everything there is to know about children. A child specialist, mother of a young child, says, "I've learned so much about children that I did not know as a child specialist!" A mother of four children says, "I kept thinking I would know all about children, then another would be born

and I'd find I had much more to learn." Each child is different from any other and requires special handling according to his particular personality and pattern of growth and development. It is apparent that couples can never have too much preparation for parenthood.

Young people today should study the results of research done on children who have grown into successful adulthood. Certain basic principles have evolved which can be learned and applied to the care and guidance of children for their best development. By following these principles, parents learn to enjoy their children at the same time they are learning how to take care of them. Finding ways to gain experience with young children—to learn to care for and enjoy them as well as to understand them better—is excellent preparation for parenthood.

Does marriage concern just bride and groom?

Marriage is a contract between two people, but many more people become involved in it. The welfare of society itself seems to depend on the strength of the institution of the family. The family meets the needs of human beings; it helps them face the conflicts, the stresses, and the threats involved in living in our modern civilization. It is only through strong and successful family living that society can actually survive.

The state, in order to protect the family, takes a stand on the legality of the marriage contract as well as on any action to break such a contract. In so doing, the state protects the welfare of the couple and their children.

The family of each marriage partner is directly concerned, for these two families have become in-laws. How much or how little or how well in-law relationships are established will depend on many factors. Chief among these are the attitudes and practices of the married couple. However, the good will and some of the influence of in-laws are highly desirable for most married couples as they build their new family. Young children, too, can gain a great deal from relationships with grandparents.

Finally, the community where the bride and groom live is affected by their marriage. Will this new family contribute to the community, or will it become a community liability?



Society has set up regulations by law in regard to marriage. These vary from state to state, but in general they are created to protect both individuals and any children of the marriage.

Marriage is subject to legal regulations. All marriages, whether religious, civil, contract, or common-law, must meet certain legal requirements. Marriage is considered a legal obligation that cannot be broken without permission of the courts. Both the man and the woman are required to accept certain responsibilities and duties when they marry. The husband agrees to support his wife and any children who may be born; the wife agrees to care for the husband in case he becomes ill or unable to work.

All states have established a legal minimum age to marry. This is usually eighteen years for girls and twenty-one for boys. The states vary, however, in their regulations regarding age limit, waiting period after the license is obtained, physical examination requirements, and technicalities as to residence and

records. Most states now require a blood test to assure that both individuals are free of venereal disease. A premarital physical examination may be required in some localities.

Some states are now considering adding to their regulations for obtaining a marriage license the requirements of premarital physical examinations and counseling services. It has been found highly desirable for each individual planning to marry to have a complete medical checkup. Such an examination can include determining whether a couple might be physically able to have children. Counseling by a doctor, a religious leader, or both has proved to be of great value in preparation for marriage. What are the legal requirements for marriage in your state?

The state seeks to protect the family in case of divorce. In most states specific laws are set up to regulate divorce. These laws are designed to protect both the man and the woman, to settle questions of property rights, and to safeguard the welfare of children involved.

Many communities are providing counseling services for married couples who are having difficulties. Churches are establishing study groups, distributing literature, and giving personal counseling services. The agencies concerned with counseling married couples have been successful not only in helping families solve problems but also in making them understand why such problems arose and how they may have been prevented. In this way it has been possible to decrease the number of divorces. Often they can direct couples to whatever further help they may need: the services of a doctor or a lawyer, a financial consultant, or a religious leader. The objectives of counseling are to help couples talk out their problems and to provide the resources necessary for them to learn to solve their own problems.

A professional counselor is usually better equipped to help than a friend or relative of a couple. Anyone with a close relationship to a couple is likely to be so emotionally involved in the situation that he is unable to give impartial advice.

Desirable in-law relationships need to be developed in marriage. The maturity so important for making marriage work is needed also in getting along satisfactorily with in-laws. Much

DIVORCE RATES PER 100 MARRIAGES THE SAME YEAR IN THE UNITED STATES	
Year	Divorce per 100 marriages
1900	7.9
1910	8.8
1920	13.4
1930	17.4
1940	16.5
1950	23.1

Vital Statistics, Special Reports, Summary of Marriage and Divorce Statistics, United States, 1949, Vol. 36, No. 2, Federal Security Agency, June 5, 1951, 14, 24, 25; and News Release, Federal Security Agency, April 23, 1951, p. 2.

depends, too, on the attitudes of both partners. “I’ll just ignore Joe’s relatives,” said Sally. Since Sally did ignore his family, Joe spent more time with them, and consequently Sally felt left out.

The first step in adjusting to in-laws is to try to understand how the other person feels. How do you think *you* would feel about the kind of husband or wife your daughter or son might marry? Would you be sufficiently interested in their getting along to go out of your way to help them? Would you help them as much as you could, without, of course, trying to “interfere”? This is an important factor with desirable in-law relationships.

Parents often fear that the ties with sons and daughters will be severed when they marry or that relationships will weaken. Fortunately, not all parents feel this way. Many welcome a new son-in-law or daughter-in-law as an added member of their family.

The same skills in human relationships which you have developed for working with other people will apply to getting along successfully with in-laws. By showing interest in them and by being willing to accept your partner’s family as your own, you will be able to establish good in-law relationships.

Eventually, your interests and theirs will be much the same. You will have mutual hope that your partner (their son or daughter) will be happy and that your children (their grandchildren) will develop well. Sometimes successful in-law relationships will be costly in the amount of interest, understanding, patience, and effort you will need to expend. However, the rewards are worthwhile. Adjustments will be easier for the marriage partners, and the children will benefit from close and happy relationships with their grandparents.

How does a family become a community asset?

Have you ever noticed the reactions of neighbors when a new family moves into a community? The lift of a curtain in a window gives away the curiosity of one neighbor. The timely return of empty milk bottles to the front porch shows the interest of another. Perhaps children will stare curiously from the sidewalk. These people are all thinking: Who are these new neighbors? What will they be like? Are they friendly? Will they be interested in our community organizations? Will this family be an asset or a liability, or will it be instead a noncontributing community member?

Truxton is a suburban community which is growing rapidly in population. The people are working to build a new school, to improve the water supply, and to establish a fire department they badly need. The Carters are a young couple who moved into the neighborhood the same week as the Hengers. The participation of these two families in community living, however, is quite different.

Bill and Jane Carter are newlyweds. On their first day in Truxton, as they moved furniture into their house, they paused to speak to the curious children next door and to ask their names. When Bill borrowed a screwdriver from his neighbor, he found out that both families belonged to the same church. The Carters soon became well-liked and contributing members of the church. Bill became interested in the community effort to establish a fire department. He signed up as a volunteer, realizing that he was doing it not only to serve the community but to protect his own home. A pile of gravel, tin cans, and



Standard Oil Co. (N. J.)

Younger members of the family can be useful members of the community. This 4-H Club member is mixing a batch of cookies for a community affair.

other debris had been left at the back of their lot. As one of their first projects, Bill and Jane tackled the job of cleaning it up. The neighbors were delighted, for the yard had been an eyesore and had detracted from the appearance of the entire block.

When a member of the community approached Jane Carter about helping with the drive to gain approval of a bond issue for the school, Jane was at first a little reluctant. "We have no children," she told Bill. "Why should we get into this matter?" They talked it over, however, realizing that sometime they might have children; certainly they were interested in the welfare of their neighbor's children. Then, too, they recognized that a good school would attract the best kind of families to their community.

Bill and Jane were pleased to learn, not long after they had settled in Truxton, that they were no longer considered as new-

comers. In short, they had made a place for themselves in the community. Neighbors felt as close to the Carters as they did to the families who had lived in Truxton for a long time.

The Henger family who moved into the community at the same time as the Carters turned out to be less desirable citizens. They are not well known in Truxton. Their neighbors have never had much chance to become acquainted with them because the Hengers do not participate in community affairs. Mary Henger once told the groceryman that she thought the town unfriendly and just not her “sort” of people. The Browns, the Henger’s next-door neighbors, are annoyed by the loud blare of the Henger radio until late at night. They dislike the two dogs the Hengers have acquired. The dogs are permitted to run free, badly damaging the Brown’s garden and frightening their youngest child.

The Hengers made an attempt to help with the fire-department project. But Don Henger has not appeared at any subsequent gatherings after attending the first few meetings, and has never helped as a volunteer fireman although his neighbors knew he had been at home. As for school matters—well, the Hengers had no children.

Chapter checkup

- 1** Choose the false statements from the following list. Suggest ways to correct them so that they become true statements.
 - a** A person preparing for marriage would probably elect courses in management.
 - b** Marriage does not require as much preparation as does a career.
 - c** Whom you marry is important, but it is not always the most important factor for success in marriage.
 - d** It has been proved that chronological age has no bearing on success in marriage.
 - e** It is best that no homemaker ever work outside the home.
 - f** A person’s success in relationships with his present family is no indication of his success in marriage, for he may have a family with whom he cannot live happily.
 - g** Love and affection in a marriage will make homemaking skills unimportant.



To an engaged couple, life naturally seems happy and romantic. But some good hard thinking should go into the making of plans for marriage.

- h Premarital physical examinations should be required by law.
- i Attitudes have much bearing on the development of desirable in-law relationships.
- 2 Choosing as a marriage partner a person who was an only child may be unwise in terms of building successful relationships in marriage. Write a paragraph or more showing (a) why this might be true; and (b) why this might not be true.

- 3 List ways you have changed since studying this chapter in your attitudes, ideas, and concepts of marriage.
- 4 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

adjustment
chronological age
counseling
emotional climate
incapacitate
inferiority
liability

maturation
perpetuation
social standard
taboo
temperament
value system

TEST FOR UNIT 1

1 What are the reasons for needing a family during each of the following stages of your life? Give illustrations of these reasons from your own experience and observations:

- | | |
|--------------------------|----------------------------|
| in babyhood | in the early married years |
| in childhood | in middle age |
| as a high school student | in old age |

2 Which of the following phrases do you believe best describe emotional maturity?

- | | |
|------------------------------------|-------------------------------------|
| quick temper | always following without complaint |
| jealousy | living up to your religion |
| enjoying elders | envying the circumstances of others |
| ease in adjusting to new situation | fear of making decisions |
| respect for opinions of others | good family relationships |
| accepting one's own weaknesses | concern with your height |
| interest in others | |
| arguing until you win your point | |

3 Make a plan by which you can better prepare yourself as a person to take on the responsibilities of marriage and parenthood.



Constance Bannister photo

How can you give a child a good start in life?

The most vital need of all children is to have the love of their parents. Every child should be given the chance to grow up healthy and strong in surroundings that provide for both his emotional and his physical needs. Plenty of sleep, good food,

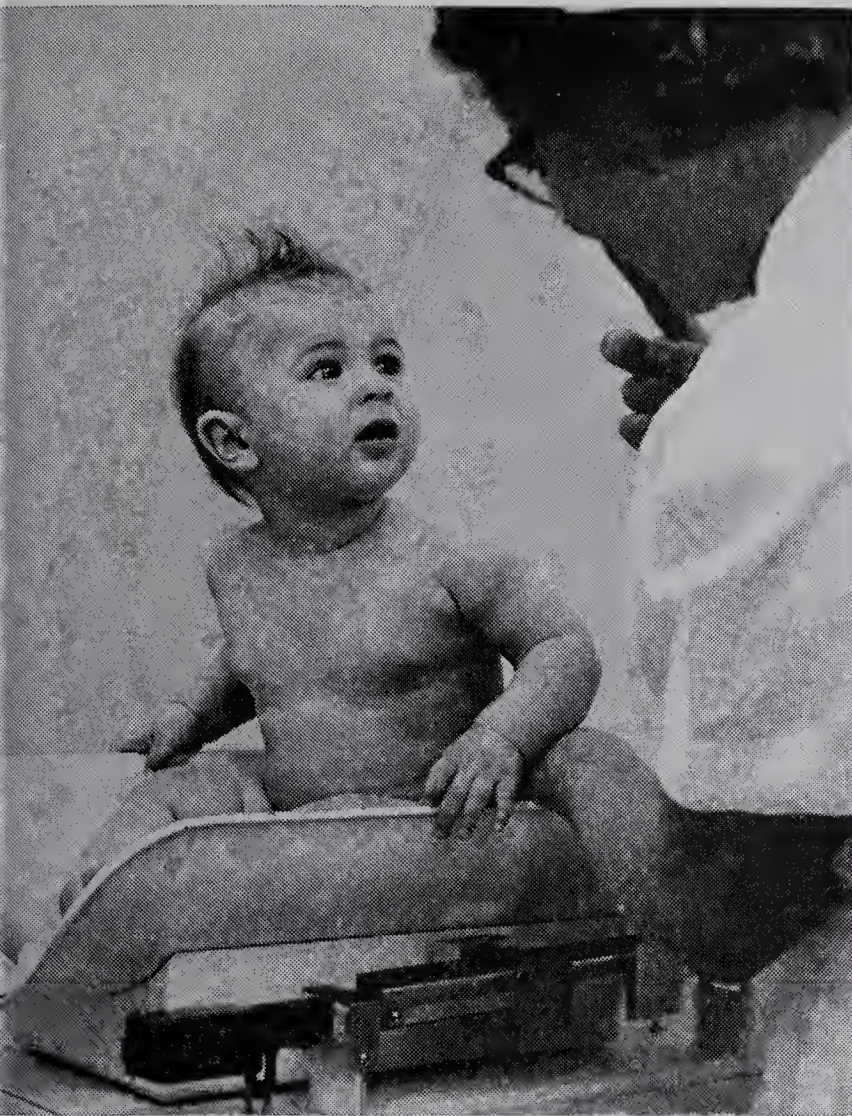
exercise, and fresh air are all important for the growing child, but most essential is a warm friendly atmosphere in the home. Lack of physical advantages can be better endured than lack of love and affection.

The love of parents can help children to withstand the pressures of a material society and the greater pressures of world tension. It can also help children to bear the disappointments and difficulties that are a part of everyday living.

Parents often need help and knowledge in rearing their children in a world different from the world of their own youth. Nowadays they have access to much scientific information and can get help from many sources.

Parents need confidence and reassurance. They want to do what is best for their children without wondering whether they are doing the "right" thing for them. Children whose basic needs are satisfied have a better chance to grow into adults who are good parents, mates, workers, neighbors, and citizens.

Parents must learn the best ways to meet the basic needs of their children. Therefore, parents must know the general principles to follow in order to give a child a good start in life. Through knowledge of these principles can be gained confidence in rearing children and joy in their companionship.



Chapter forecast

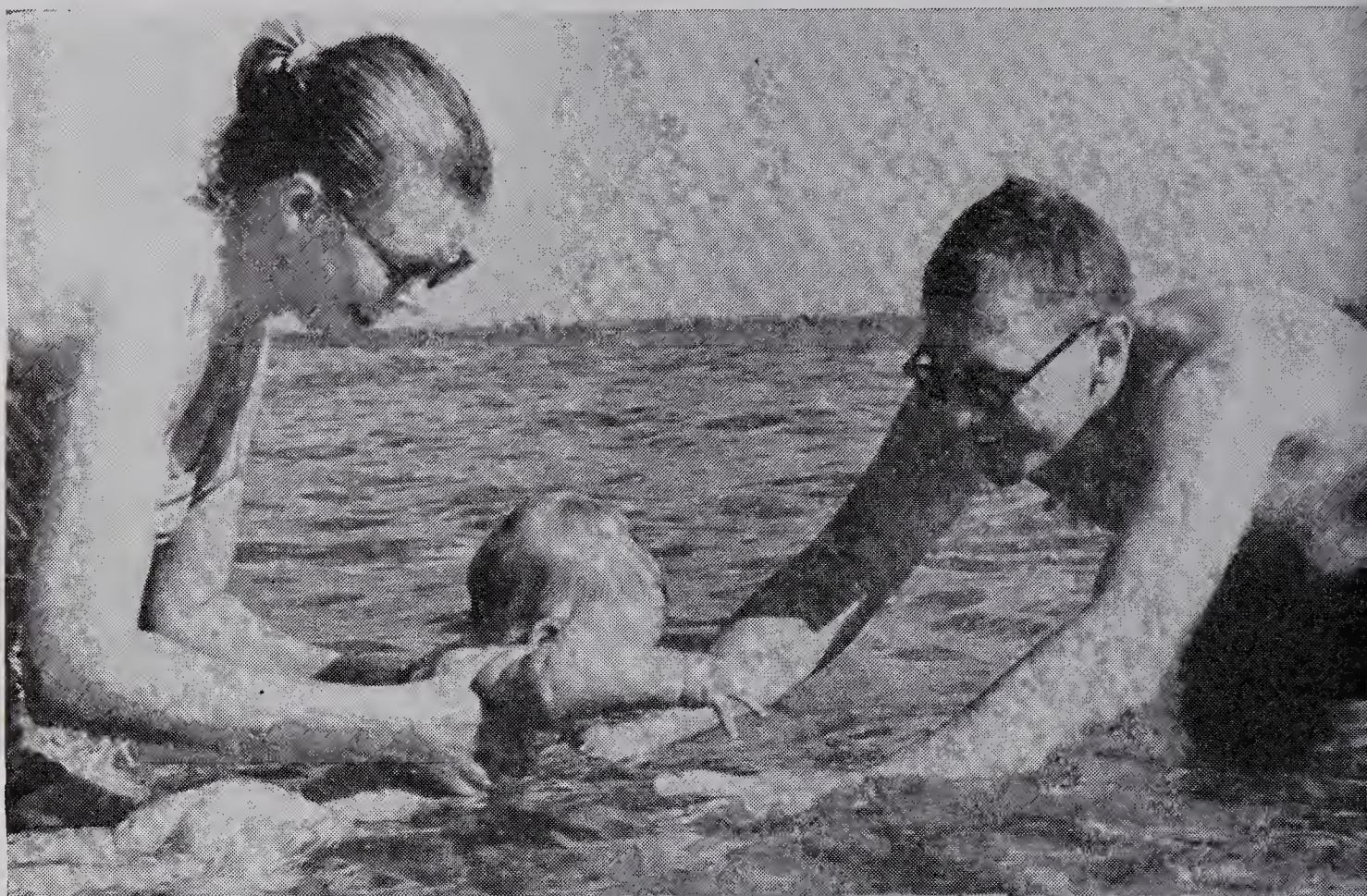
Chapter 3

*What health care is essential for a baby?
What advances in child care have been made
since you were a baby?*

Standard Oil Co. (N. J.)



*Why should brothers
and sisters learn to be “good
friends” at a very early age?*



*What help does the child
need? What other types of
security will he need?*

Better Homes and Gardens

*Why is the father as important
as the mother in the baby's
development?*

Gerber Baby Foods



Chapter 3

A good start in life is important

Science has known for some time that the health of a baby is dependent upon prenatal care. In other words, a good start in life for the baby begins before he is born. This means that an expectant mother must plan to maintain maximum physical and emotional health.

Recent studies indicate that the well-being of both mother and child may be dependent upon the physical health habits practiced by the mother for some years before she becomes pregnant. As an illustration of this, there are evidences from nutritional studies that adequate diet is essential for women while they are growing up, particularly during the period when girls are adolescents. Emotional health might well be a result of a similar span of years rather than a state which could be developed within a few months.

Adequate preparation for parenthood requires effort and

study. Parents can assure their own well-being and that of their children by availing themselves of current and reliable information. Government agencies, for example, provide this kind of help and at little or no cost. Other agencies stand ready to aid in the all-important job of child rearing. What community services are available to help parents in your area? What may happen to a community where such services are not maintained?

Ideas for action

1 Sources for study

Rand, W., Sweeney, M. E., and Vincent, E. L. *Growth and Development of the Young Child*. W. B. Saunders Co. Philadelphia. Chapter 3.

Schuey, R. M., Woods, E. L., and Young, E. M. *Learning About Children*. J. B. Lippincott Co. Chicago. Part 3.

Smart, M. S. *Babe in the House*. Charles Scribner's Sons. New York.

Spock, B. *Pocket Book of Baby and Child Care*. Pocket Books. New York.

- 2** Invite a nurse or other qualified person to talk on rules for health during pregnancy. Have her include in her talk such items as diet, clothing, exercise, and rest.
- 3** Plan a day's schedule for an expectant mother.
- 4** Collect a list of fallacies and superstitions regarding pregnancy and care of an infant.
- 5** Investigate local classes for expectant mothers and fathers. Ask couples who have attended such classes what help they received from them.
- 6** Prepare an exhibit of materials on infant care.
- 7** Divide the class into groups. Have each group prepare a list of essential equipment for care of a baby. Compare the lists as to cost. Compare the items each group considers essential and discuss the reasons for including them.
- 8** Observe a demonstration of the correct preparation of a baby's formula.

- 9 Role-play a parent preparing a four-year-old child for the arrival of a younger brother or sister. List ways to help the child accept the new baby after he has arrived.
- 10 Interview two or three mothers of more than one child. Find out the ages at which their children walked, talked, and were toilet-trained. Ask about other steps in the development of their children. Show how each child's development is individual.
- 11 Investigate the latest and most effective immunizations available for young children. Compile your findings as to type, the best age at which to administer the serum, and possible effects on the child.
- 12 Discuss the problem of obtaining baby sitters in your community. From the parents' point of view, suggest solutions.
- 13 Obtain a film on bathing a baby, or arrange for a demonstration of this procedure by a qualified person.
- 14 Survey neighbors and relatives as to diets prescribed for babies when strained and chopped foods are introduced into their diets. Prepare a chart showing typical menus for an older baby and for a toddler.
- 15 Invite a mother with a young child to visit your class at the baby's mealtime. Observe the preparation of the menu for the child and the baby's behavior while eating.

When does baby care begin?

Although birthdays are counted from the hour of birth, actually life begins nine months before at the time of conception. The formation of the fetus begins when the sperm or male cell penetrates the walls of the ovum or female cell. At this time the pattern of inherited genes forms much of the potential of the person in size, appearance, personality type, talents, and other tendencies.

It is believed that tendencies rather than developed qualities are inherited. In other words, a person may inherit a tendency towards mathematical ability, but he will not necessarily excel in this area without special training. All parents want to produce a healthy baby and to help him grow into a well-adjusted adult. Parents can help or hinder their child's development from conception until he reaches full growth.

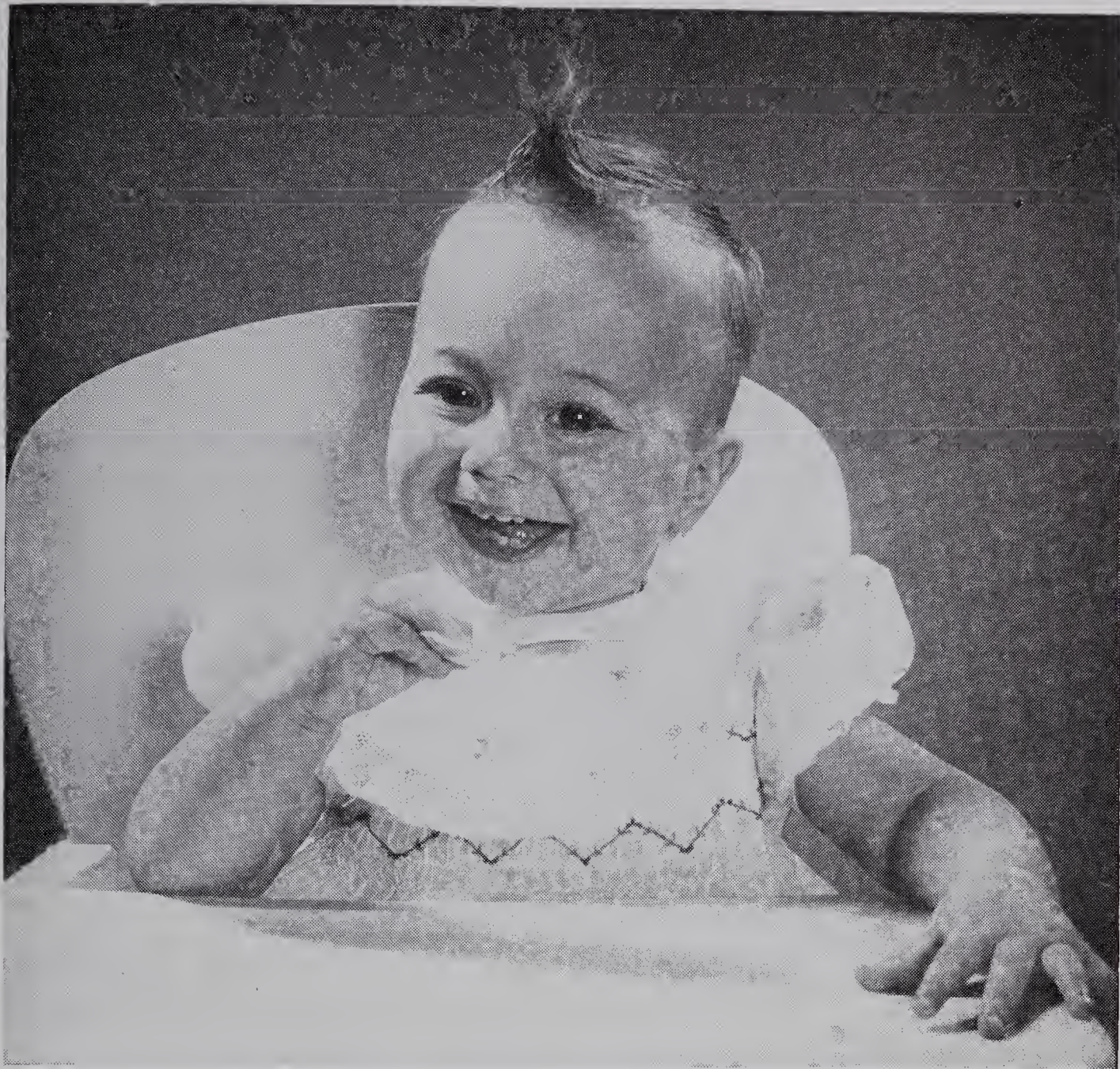
The nine months before birth are an important time for both baby and mother. In order to maintain maximum health, the mother needs a well-planned diet, sufficient rest, exercise, and comfortable clothing. Her mental and emotional health are as important to the well-being of the baby as her physical health. Some studies have shown that a mother worried by emotional stresses and strains may produce a baby who is disposed to digestive disturbances, rashes, nervousness, and other difficulties.

The expectant mother must, therefore, practice good health rules to assure the best development of her baby. She should avoid, as much as possible, any contact with infectious diseases, since many of them can be harmful to the fetus. German measles, chicken pox, tuberculosis, syphilis, mumps, and other infections can cause retarded development, malformation, or stillbirth of the infant.

In addition, every expectant mother should place herself under the care of a competent physician during the prenatal period. When the mother has taken all precautions to maintain the best physical and emotional health, there is every chance that the baby will be perfect and healthy.

Prenatal care is most important to the baby. Violations of health practices by the mother have less effect on her than on the baby. In general, the fetus suffers 90 per cent of any resulting damage; the mother suffers approximately 10 per cent. This fact should impress all expectant mothers with the importance of following a particular health regimen regardless of how well they may feel without it. For example, they should drink milk instead of coffee and have at least eight hours of sleep at night.

Studies of women who had lived on inadequate diets during pregnancy show that such mothers did not exhibit deficiency diseases no matter how lacking their diets had been in certain elements. Some of the babies were born malformed, however, or with tendencies toward rickets and other deficiency diseases. How would this information disprove the old saying that for every child, the mother loses a tooth? How might it prove that the expectant mother must be twice as careful of her diet, for she is feeding two people?



Gerber Baby Foods

She's happy and healthy mainly because her mother was happy and healthy before she was born!

How shall parents prepare for the new baby?

The nine-month period of development of the child before birth permits time for prospective parents to plan for the new addition to the family. Intelligent thought and financial planning are necessary to prepare for the new arrival. Certain adjustments in the parents' pattern of living will have to be made, both physically and psychologically. Above all, it is the responsibility of the prospective parents to learn all they can about the needs of a new baby and ways of meeting them adequately.

The mother owes it to her child to understand and to follow the rules for best prenatal care. To help her emotionally, she should learn about the development of the fetus and about the

birth process. She will avoid the worry usually attendant on any new experience and be able to detect any changes which may require the attention of a doctor. Thorough knowledge at this time makes the whole experience seem normal and easy. The mother's emotional well-being contributes in a real way to the well-being of the unborn child.

The father's companionship, understanding, and shared anticipation are important to the mother, because his love and affection affect her emotional health. He too contributes to the baby's well-being before birth.

The parents will need to make plans with their doctor as to whether the baby shall be born in a hospital or at home. This decision will require certain preparations. If hospital facilities are limited, having the baby at home may be necessary. If conditions make home care difficult, however, hospital care may be the best plan.

Know the baby's needs. Just as you make plans for a house guest by finding out something of his needs and desires, so you will want to know about the new baby's requirements in order to plan effectively for its arrival. Some parents become so excited by the prospect of a new baby that they spend too much money on impractical clothing and equipment. Such goods may take up needed storage space without having any practical use. Most items the baby will need are better bought as they are required or when they have to be replaced. Often for the first baby many items are duplicated by gifts received from relatives or friends. The baby's real needs can be better gauged after he has arrived. Except for a minimum of the essentials, the buying of clothing and equipment should be postponed until the need for them is apparent.

The cost of necessities and equipment for a young baby can be formidable. Storage of these items also may present a problem. Parents sometimes find it advantageous to set up a co-operative exchange with other parents for some of the equipment which a baby uses only for a short time. Can you suggest some of these items?

The baby will have minimum clothing needs. Many years ago the clothing for a baby born in the winter was extensive



H. Armstrong Roberts

Baby clothing should be so simple and comfortable to wear that the baby feels as if he is wearing nothing but his own skin. Ease of care is also an important factor.

and costly. Much of it was woolen and consisted of many layers. Today, however, if the house has controlled heat, the time of year has little influence on the baby's wardrobe. One or two outfits may have to be made of wool or of another heavy material to provide warmth for the baby's trips outdoors, but his everyday clothing needs are almost the same the year round.

Diapers usually head the list of articles needed by babies. Diaper service is becoming increasingly popular, however, because it is convenient. In general, this service is becoming more available and is not too costly in most communities. If diaper service is used, the baby will require only a few diapers to serve as an emergency supply. Usually 12 to 15 diapers a day are needed for a young baby, but this number will vary with the child.

Equipment and storage facilities in the home will affect the extent of the baby's wardrobe. Automatic laundry equipment

cuts down on the number of articles needed, since extra garments are not required for use while the others are drying. When storage space is small, the number of articles should be kept to a minimum. One way to determine the clothing needs of a baby is to add up the number of garments required for one day and multiply the result by the number of days between launderings. Babies who have digestive disturbances require extra changes of clothing.

After a baby is born, larger quantities of a necessary item can always be purchased, but those items that turned out to be impractical or duplicated often cannot be returned or exchanged. Everyday clothes should be simply designed so as to add to the baby's comfort and require a minimum of disturbance to him when he is being dressed. They should demand as little as possible of the mother's care and maintenance.

Food needs are determined after the baby is born. The baby's diet is tailored to his particular needs after he is born. This important decision should be made by the doctor, who takes into consideration such factors as body structure, sex, weight, and possible sensitivities. Breast feeding is considered preferable and is prescribed whenever possible. When formula feeding is required, certain equipment will be needed in addition to bottles. The type and amount are determined by the kind of formula the doctor recommends. Such equipment and supplies should not be bought until after the doctor has set up the diet for the new baby.

Formula-making usually requires time and skill. It is important to understand the necessity for sterilizing all equipment and for using exact measurements and correct procedures. There must be available some type of refrigeration with correct temperature and enough space in which to store the formula.

Adjustments in the home may be necessary. Sleeping space is the first consideration in planning space for the baby. Many couples have found it more economical to omit the bassinet type of bed and to put the baby directly into a crib. The mattress should be firm enough to support the baby's body. Unless the bed can be waterproofed in some way, the mattress will become unpleasantly stained and odorous and may wear out quickly.



Gerber Baby Foods

Today a whole new industry devotes itself to producing and selling those articles of furniture and clothing that make a baby's life a happy one.

In addition to a protective pad, a waterproof mattress covering is advisable.

The baby needs a space, preferably a room, where his crib, clothing, and other essentials may be kept. If at all possible, he should not have to share this space with other family members. Sufficient ventilation and reasonable quiet are desirable, although in most instances babies adjust well to noise. It is important to make a place for the baby without unduly upsetting the family pattern of living. In some cases the baby must sleep in his parents' bedroom. Usually this means overcrowding and insufficient storage space. The baby is disturbed, and the parents are restricted in their use of the bedroom.

Plan a work center for baby care. The baby will need to be bathed and changed frequently in as safe a place as possible.

Homes will vary as to where such a space can be best provided. It may be in the bathroom, in a corner of the kitchen, or in another suitable place. Facilities for bathing the baby without leaving him unprotected are especially important. Storage space, such as shelves, drawers, cupboards, and hanging plastic storage kits, should be within handy reach. Provision should be made for the disposal of soiled clothes. Many types of safe bathing equipment can be purchased. When buying, consider the space available for such equipment, the ease of its care and use, and its cost.

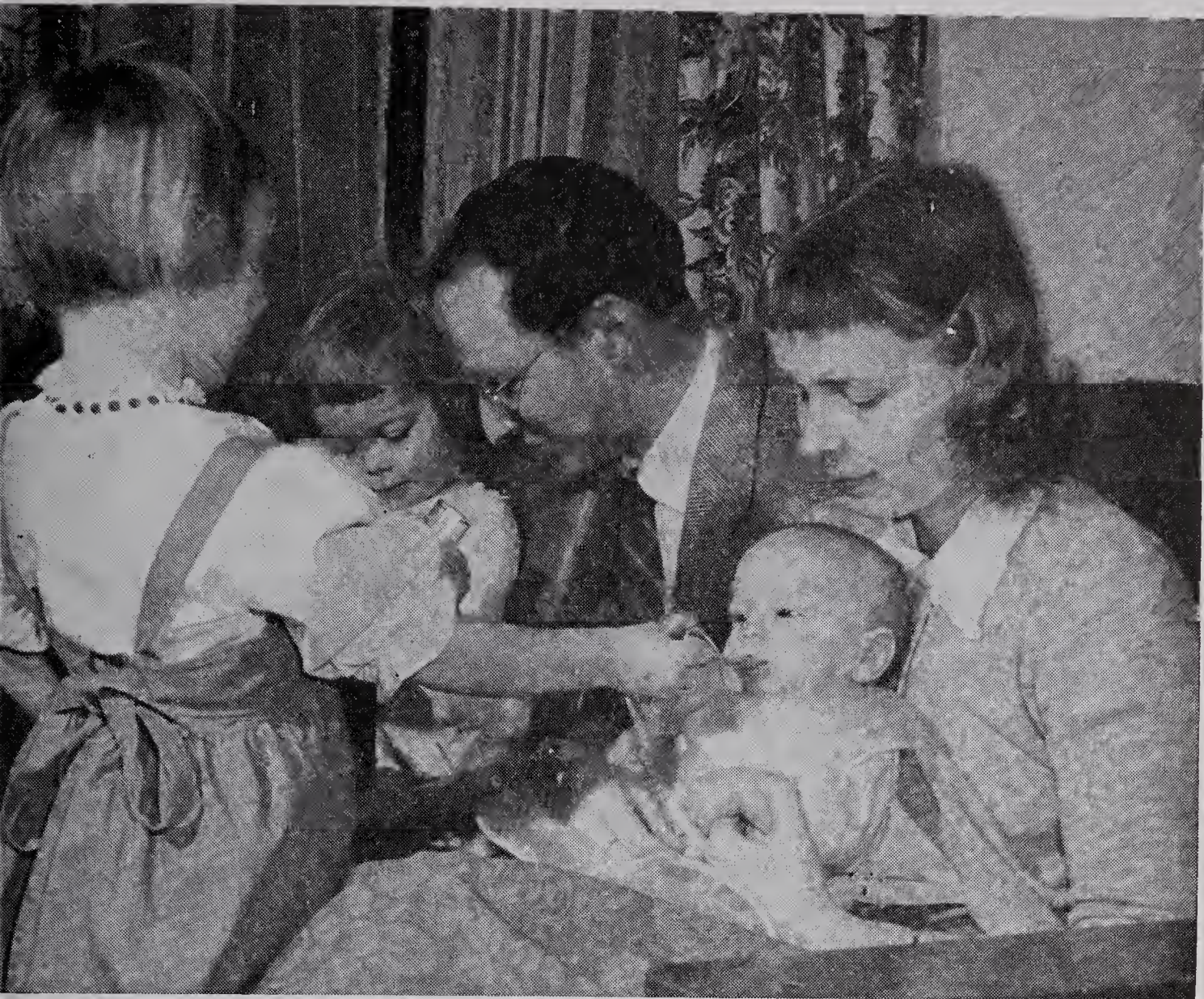
As the child grows older, he will need other pieces of equipment, such as a playpen, a highchair, a carriage, a stroller, and a car bed. In each case, the best time to buy or borrow is when the need arises. The need for some of these items varies with the baby and with the pattern of family living.

The whole family needs to be included in planning for the baby. Joe was four when his mother told him that he was to have a younger brother or sister. She spent much time explaining to her son that he too had once been carried next to her heart and had required the feeding, dressing, holding, and care that the new baby would require. Because Joe experienced some of the joys of anticipation and of preparation for the new baby, he soon thought of the baby as belonging to him too.

After Joan was born, Joe was allowed to show her to visitors. He would say proudly, "You may look at my new baby." Joe gained a feeling of possession and a sense of responsibility for his young sister. He was encouraged to help with Joan's care whenever possible. He brought diapers and powder to his mother, he washed the baby's toes in the tub, and he did other small but, to him, important tasks. Joe did not resent Joan or feel left out of the activities required for her care.

Joe's parents consistently made opportunities to reassure him of their love for him. As might be expected, Joe made some attempts to get help he no longer needed with dressing, toilet, and eating. His mother patiently helped him, and he soon became so reassured that he resumed his independence.

When gifts arrived or when new purchases were made for the baby, his mother made sure that Joe occasionally had some-



New York State Colleges of Agriculture and Home Economics

The youngest is most enjoyed when all the family share in the fun. Healthy attitudes toward fun begin at home and stay with you for life.

thing new and interesting at the same time. She had talked with close relatives and friends about the situation and had asked them to remember to give some attention to Joe when they visited. They avoided making extravagant fuss over the baby in his presence.

Joe was able to make adjustments in sharing his parents' attention with his baby sister. This helped him to get along better with his playmates and to build more successful relationships with others. His parents had followed a definite course: (a) reassuring him of their love; (b) permitting him the thrill of anticipation; (c) letting him share in the baby's care; and (d) using patience and understanding in helping him to adjust to losing his place as the center of attention.

How can you give a child a good start in life? 73

Which sets the schedule, clock or baby?

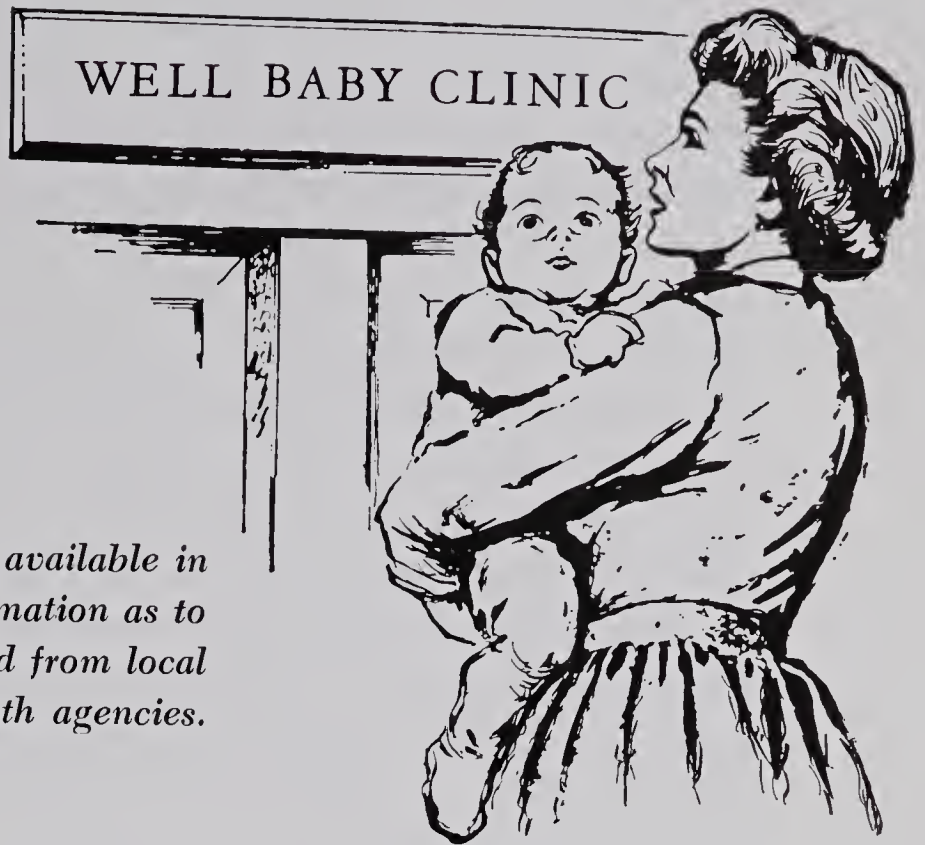
The infant has a great deal to learn. He needs much help in the difficult task of adjusting to an almost completely new way of living since birth. Child specialists have found that the early weeks of life are very important. Since infants have feelings and emotions, vital attitudes may have their beginnings at that time. Therefore, not only physical needs but also other needs should be considered.

Although babies are not as sensitive to pain when they are small as they will be when they grow older, they are sensitive to hunger and discomfort. They need companionship and the reassurance of love. Reliable records show that healthy babies may be capable of deciding when to eat and how much to eat. Babies can regulate themselves and settle down to their own schedules. There are tremendous variations in the way babies regulate themselves. If you will observe these differences in individual babies, you will readily see why one rule does not apply to all of them.

Both self-regulation and clock schedules have advantages. Wise parents obtain responsible pediatric assistance in learning to meet their baby's needs. In the matter of scheduling alone, a doctor's supervision is of great value.

The clock schedule is of definite advantage to the mother. She is able to plan her day with more certainty. She has a prescribed routine which she can follow without giving too much thought to it. She may have problems if the baby is not happy under the schedule, but her firm belief in her method may carry her through. At any rate, her doctor, concerned with her health alone, may approve it since it will probably mean more rest for her.

Under the baby's own regulation, the mother can meet the baby's needs when he cries instead of either wondering what to do or enduring his crying. The baby's ability to adjust naturally and without anxiety will be apparent. It may help the mother to give him leeway to grow and develop at his own pace and within his natural inclinations. Such a schedule does tie a mother down, particularly at first. Some babies in regulating



Help for mothers is available in many communities. Information as to such services can be obtained from local medical officers or health agencies.

themselves may have to be fed many times a day until they find their best times for feeding. Perhaps the baby's schedule will take a long time being formed; some have taken several weeks. Adjusting the baby's schedule to the schedule of regular family living may be much more difficult. The baby will learn to fit in, however, and accept the regularities and irregularities of his family.

The mother needs time to return to her normal activities. After the baby's birth, it takes about six weeks for the mother's organs to return to their normal position. During the first few weeks she will find that it is wise to rest as often as she feels the need. The strain of so many new duties and responsibilities brought about by the advent of the baby may mean more physical activity and possibly some emotional strain.

Whenever possible, the new mother should have some extra help. Although it is often not feasible, it is sometimes possible, to ask one of the baby's grandmothers for help. She can be of great assistance and can become acquainted with her new grandchild.

Before the baby is born the young couple should investigate

the various services available in their community. Are there laundry services which would make it practical to send out laundry as well as diapers? Purchasing an extra supply of prepared foods might ease meal-preparation tasks. Larger cities have expert housecleaning services. Workmen clean with special equipment and in a short time leave the house spotless. Often they can do a better job than can the homemaker when she has other demands on her time and attention.

In many communities a visiting nurse is available daily for a period of time to give the mother instructions in bathing the baby and other baby care. Some agencies provide nursing care for the mother. In some areas a small fee is charged; in others the service is free. A practical nurse can often be employed for all or part of the day. By helping with the management of the household, she enables the new mother to concentrate on the care of the baby.

In communities where younger couples live, co-operative arrangements are sometimes worked out. Each homemaker helps the other when their babies are born. Hired help is usually difficult to obtain. While the mother is recuperating, the young couple can, with thought and planning, manage their household in the best and simplest ways. Fathers often help at such times, taking on as many extra duties as possible until the mother is completely back to normal.

Regardless of final arrangements, some extra help during the first weeks after a baby is born should be part of the planning for the new arrival.

The father's care is needed. A baby must have the love and attention of both parents. That most fathers have accepted this new realization of their responsibilities is apparent through the increased enrollment in classes for new fathers in many communities. Books, pamphlets, and other materials are available to men to help them assume their new roles with confidence.

Why should a father take care of his children? The answer is obvious. He learns to understand his child, and the child responds more readily to his father's love. The close relationship of mother and baby is sometimes a threat to husband-and-wife relationships. The father must be included in the inner circle

to make him feel needed and wanted. Men who must spend hours going back and forth to work in addition to their working hours cannot give much time to their children except on week ends. However, there are ways for father and baby to learn to enjoy each other.

Jim Brown takes advantage of the care his baby needs at bedtime. He spends some time after work giving his baby attention and getting him ready for bed. On week ends he finds more time to get acquainted with and enjoy his child. He gives the baby his lunch, and takes him outdoors when weather permits. He looks forward to the time when his youngster can be taken for short walks. He plans for later days when he can take him on fishing trips and to the museum in the city. Obviously both father and baby benefit by their chances to know each other. The mother benefits too, for she can take care of her other duties. In addition, her husband is happier because he feels needed and because he has more understanding of the whole situation regarding his baby's care.

Do all babies require the same care?

Certain procedures are required in the care of an infant. The baby needs a balanced diet, comfortable clothing, adequate rest, fresh air, and, above all, love and affection. He must be guarded from danger and from disease. Although this care may be common to all babies, there are vast differences in the way it is given. Diet, clothing, amount of attention, and all other factors need to be adapted to meet the needs of the individual. A baby, like all other humans, is different from any other personality, and his best care and development will be dependent on permitting him to grow up as an individual. He will need to be allowed to grow at his own rate of speed. You will find it better to tailor the baby's care to his needs rather than to set up a routine into which you try to fit him.

Each baby requires special handling. What are some ways in which babies differ, aside from appearance and personality? Some cry longer and more often. Others may require more food or a different diet. There are also variations in the needs for sleep and attention.

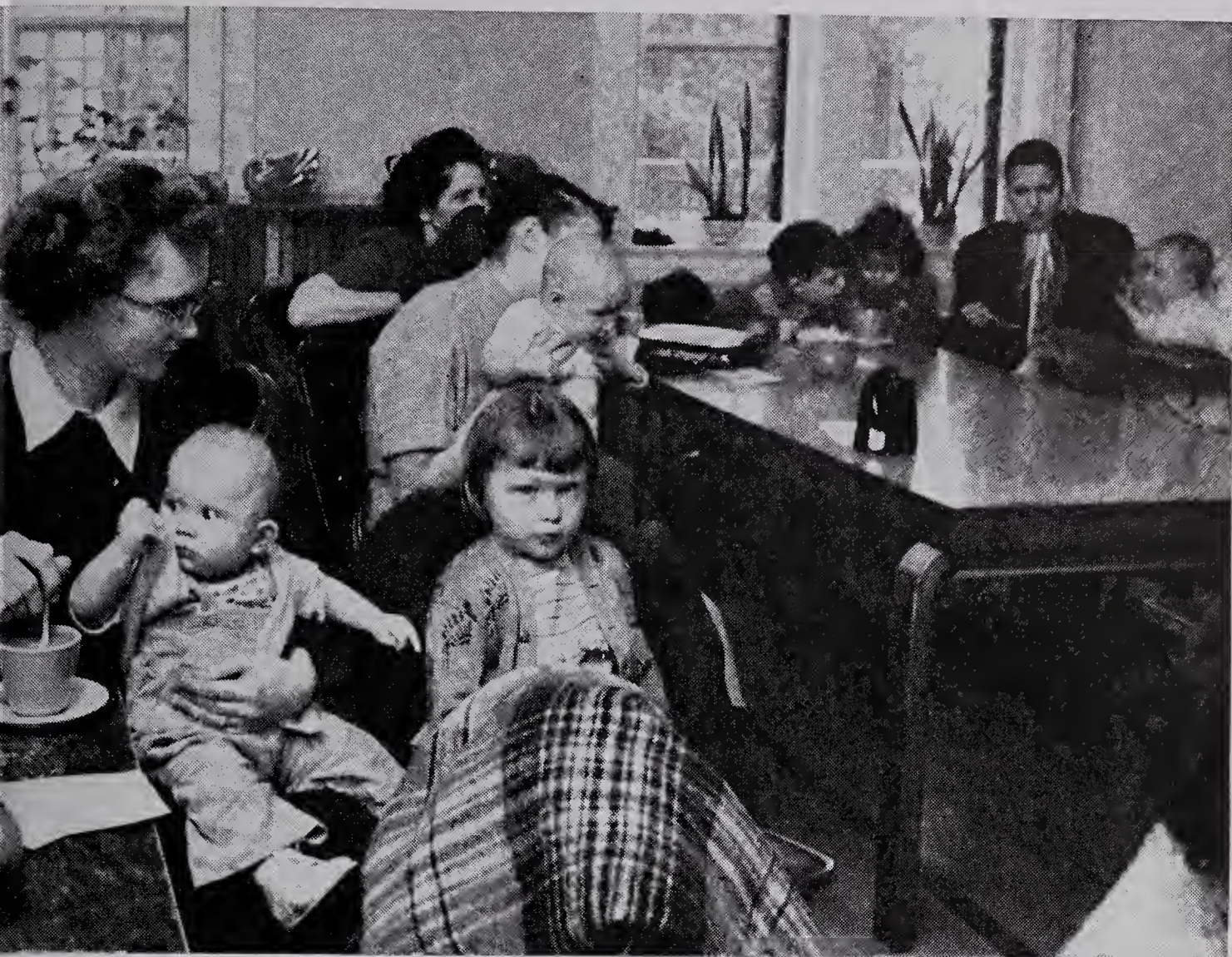
Each baby develops at his own rate of speed. People once believed they could judge a child's intelligence by how early he walked or talked or was toilet-trained. This was proved to be a false premise under which to prophesy a child's "brightness." Instead, each child seems to have his own special time for beginning each step in his development.

Because each child has his own schedule for development, parents need to be warned that it can be harmful to the child physically and emotionally to push him into more rapid progress. The father may proudly "teach" baby to walk by holding him up on his wobbly legs very early in life. Such a practice could cause the child to develop bowed legs or an undesirable walk that would be hard to correct. Tensions and premature expectations of parents in relation to their child's toilet training sometimes unfavorably affect the child's physical and emotional make-up throughout life. Also, to take a baby's bottle away from him before he voluntarily gives it up may seriously affect his emotional security.

The baby needs protection from disease. Care by a pediatrician (a doctor interested in and well qualified in child care) is essential to baby's health. If a doctor examines a baby fairly often, he can recognize any irregularities in development and advise the parents as to what is best for their child. Thanks to science and public concern, protection for the baby in the form of immunizations is available to most parents, even those of limited financial means. The services of pediatricians and baby clinics are available in many localities to help protect a child from illness.

During the first year of a baby's life, he should be immunized against various diseases, such as smallpox, diphtheria, and tetanus, and should receive any treatments recommended by the doctor. Some parents hesitate to have these treatments and immunizations given to the baby because they might be painful. What is best for the baby should be considered. It is sheer foolishness to neglect giving the baby all available protection against disease because of personal feelings of the parents.

Some parents feel that babies will have certain childhood diseases anyway, so they permit them to be exposed. No one



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Regular attendance at a clinic helps to insure good health for the baby. It also instills in a child the use of good health habits.

knows, however, just how a particular disease will affect a specific child. Diseases that are not too serious when a baby is older can be dangerous before school age. Young Joe was exposed to chicken pox when he was two years old. A neighbor with a child who had the disease brought her to play with Joe. Joe's mother was somewhat reassured when the neighbor said, "Oh well, all children have to have chicken pox, and now Joe can have it over with before he goes to school." But his mother's indulgence of a neighbor's ignorance was unfortunate, for Joe was extremely ill with the disease and suffered a severe setback in his development. Not everyone has to contract every communicable disease. Many people get few of them; some never get them.

Babies are constantly changing their ways. A mother would certainly be upset if her baby did not grow and develop, but

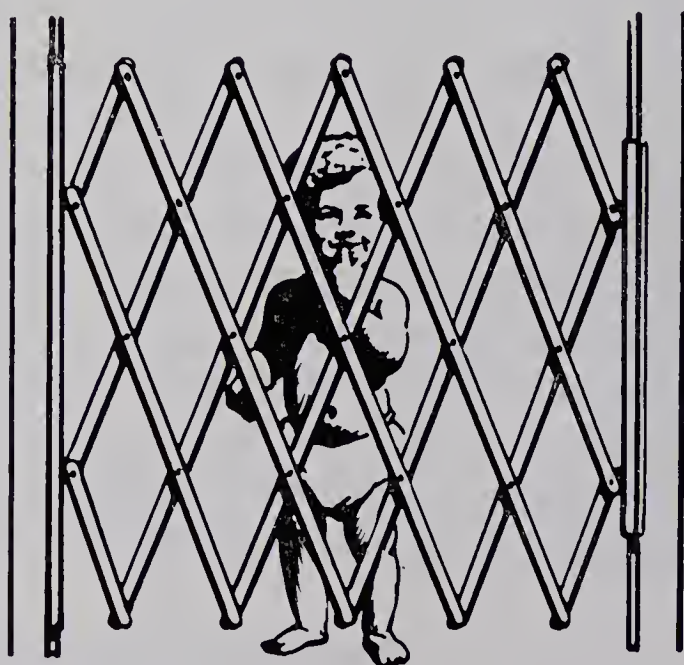
sometimes these changes are disconcerting. A routine may be working well, and the mother begins to relax. About the time she is congratulating herself on management, the baby changes his ways. He may get more choosy about his food or skip his naps or even refuse to eat and sleep at his regular hours. Or on another day the mother may be happily feeding the baby, when he will decide not to eat unless he holds the spoon himself. Or the usual cooing and laughing which greeted neighbors may change to screams of terror when he later sees the same people. These changes are all a part of growing up.

It may take much thought and a great deal of patience to adjust to the baby's changing ways. Such changes should be pleasant signs that the baby is progressing in his development and is exhibiting a normal growth pattern.

Home should be made safe for the baby. When Jane and Bill's baby began to creep, they found that it was difficult to keep him from harm. After they found him exploring a floor plug, they bought a playpen as a safety precaution. Although they recognized that to keep the baby in the pen all the time was not wise because it limited his exercise, it did keep the baby safe when Jane had to answer the phone or doorbell or was busy with homemaking activities.

As a further precaution, Bill moved the delicate china tea set from the living-room shelves to a high cupboard. Bill said,

*In what other ways can a home
be made safe for the baby?*



“It is for the safety of the tea set as well as the baby!” Bill and Jane knew that by removing objects the baby should not touch, they were avoiding the constant “no” and “don’t” which would otherwise be required until the child was old enough to learn what he could or could not touch. In addition, Bill bought a rubber mat for the bathtub and some safety gadgets to cover unused baseboard lamp plugs. Lamps and cords were placed so that the baby could not pull them down. A folding gate at the top of the back steps provided a place on the porch for the baby to play and protected him from falls.

Jane and Bill agreed that surveying their home for accident hazards for the baby and improving the safety of their apartment was like battening down for a storm. They knew, too, that as the child grew older, safety surveys would have to be continued until the baby was old enough to protect himself. What other accident hazards might there be in a home where there are very young children?

The father and mother need some time off. Parents are likely to feel guilty or apprehensive about leaving a small baby with someone else while they go out together. However, they need some time for recreation, and children are better off if they learn to be away from their parents for periods of time. Money spent for baby sitting is often as well spent as money used for any other necessity.

Lack of reliable baby sitters and their high cost are common problems to most parents. In some communities couples with young children have worked out exchange agreements to baby-sit for each other. Occasionally grandparents may be available to care for grandchildren. It should be remembered, however, that their contacts with the children should not be limited to baby-sitting duties.

Sometimes high school girls and boys are hired as baby sitters. Parents should become acquainted with the persons with whom they leave their children and should carefully investigate their qualifications and reliability. Some time should be devoted to training sitters while the mother is at home, so that they will become acquainted with the baby and will learn how his parents want things done. Hiring a sitter for an afternoon or two while

the baby is awake and the mother is at home is money well spent. What are some of the important points parents might consider when hiring a baby sitter? What arrangements should be made by parents before they leave their child in a sitter's care?

Chapter checkup

- 1** List arguments that you might use to show that parents can do much to overcome or develop hereditary tendencies.
- 2** List the financial factors which would be necessary to include in the planning for a new baby.
- 3** Which of the following practices are desirable in relation to child development?
 - a** When the child is a year old, take his bottle away from him.
 - b** Let the expectant mother observe health rules as she feels the need.
 - c** Have the father take courses in infant care.
 - d** Buy a complete layette before the baby is born.
 - e** Obtain help for the mother for a period of time after the baby is born.
 - f** When possible, breast-feed the baby.
 - g** Wait six months before going to a doctor for prenatal care.
 - h** Let the baby feed himself when he shows a desire to try.
 - i** Choose baby clothes with pretty bows and frills.
 - j** When possible, include baby-sitting fees as a necessity in the family plan for spending.
 - k** As far as possible, let an older child help in the care and enjoyment of a new baby.
 - l** Consider the emotional health of the expectant mother as well as the physical.
 - m** Put harmful or breakable objects out of reach of young babies instead of constantly saying "no."
 - n** Plan the baby's formula before he is born.
- 4** With the help of a dictionary, define these words. Consider their meanings in relation to the way they are used in the chapter.

immunization	inoculation
injection	vaccination



Chapter forecast

Chapter 4

How important is a child's need for love?

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Do children need the companionship of other children?

Du Pont Co.



*What are some of
the spiritual needs of
children?*

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*How do children learn?
Is "learning" done only with
books? How many kinds of
learning are there?*

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Chapter 4

Children need help to grow up

What are the basic needs of children, and how can they best be met? In general, we cannot separate any one need from another because they are interrelated. For purposes of study, however, you might find it helpful to classify children's needs as physical, emotional, mental, and spiritual. As a social being, each child must acquire the ability to live and work successfully with others. The child's success as an adult depends on how well this is done in childhood.

The best way to learn is through first-hand experience. The child who is guided by the care and love of his parents gradually develops the knowledge, understanding, and habits that will help him to make his own way as an adult. However, much of the success in child rearing can be measured by the success with which, as an adult, he can care for himself and solve his own problems.

At one time a great deal of emphasis was placed on children's physical needs. As a result of research in the last 20 years, more emphasis is being placed on the emotional, mental, and spiritual needs of children with less consideration for their physical care. It is important to find a balance. Consider the effects of inadequate nutrition or lack of sufficient rest on the behavior and development of children. Would these effects have a relation to a child's social adjustment?

Ideas for action

1 Sources for study

McCullough, W. *Illustrated Handbook of Child Care*. McGraw-Hill Book Co. New York.

Rand, W., Sweeney, M. E., and Vincent, E. L. *Growth and Development of the Young Child*. W. B. Saunders Co. Philadelphia. Chapters 7–10.

Shuey, R. M., Woods, E. L., and Young, E. M. *Learning About Children*. J. B. Lippincott Co. Chicago. Chapters 4 and 5.

Spock, B. *Pocket Book of Baby and Child Care*. Pocket Books. New York.

- 2** Make a list of all the needs of children as they are discussed in various books, pamphlets, and magazines. Discuss how the various needs might overlap.
- 3** Ask class members to tell about ways their parents expressed love and affection for them as they were growing up. Contrast the different ways in which parents change their methods of expressing affection as children grow up.
- 4** Make a bulletin board display of some of the ways children exhibit their efforts to gain independence.
- 5** Plan well-balanced and appealing family menus for one day. Suggest possible changes that you believe might be made to meet the needs of young children in the family.

- 6 Compile a list of suggestions for avoiding or overcoming eating problems in children.
- 7 Arrange an exhibit of children's clothing that will emphasize durability, comfort, ease of care, and self-help features. Class members can construct a child's garment which has some or all of these features.
- 8 Invite a qualified person to talk to the class on the importance of foot health to children. Have him give pointers on choosing proper shoes for children.
- 9 Prepare a pamphlet on ways to adjust the home to meet children's needs at little cost. You can collect ideas, diagrams, and pictures for the pamphlet.
- 10 Make a group of posters on safety practices for protecting young children from harm.
- 11 Arrange for a children's play group to come to your home-making department for a certain period of time. Make a schedule for their activities. Include a light lunch. Set up goals as to what you might learn about children's physical and emotional needs.
- 12 Make a survey of your town of the facilities that are available for children's play. Suggest needed improvements and provisions for play.

What are the needs of children?

The growth of a child must be viewed as a whole. Sometimes one phase of a child's development may temporarily be more important, but it is still a part of the whole. Young Susan may not be growing as rapidly this year and her appetite may not be as keen, but careful observation would probably show social and mental growth in Susan far outstripping that of the year before. Jack may be growing physically but at the same time seem not to be maturing emotionally. He may even revert to baby talk temporarily. Normally, all aspects of development eventually catch up to each other and fuse.

Children have emotional and social needs. To be appreciated as an individual, to be someone, to feel prestige, to have the freedom to develop independence—these are all needs that both children and adults must satisfy. The “no” stage of the tod-

dlar is an example. He wants freedom to be a person, one who can decide for himself and do some things his way.

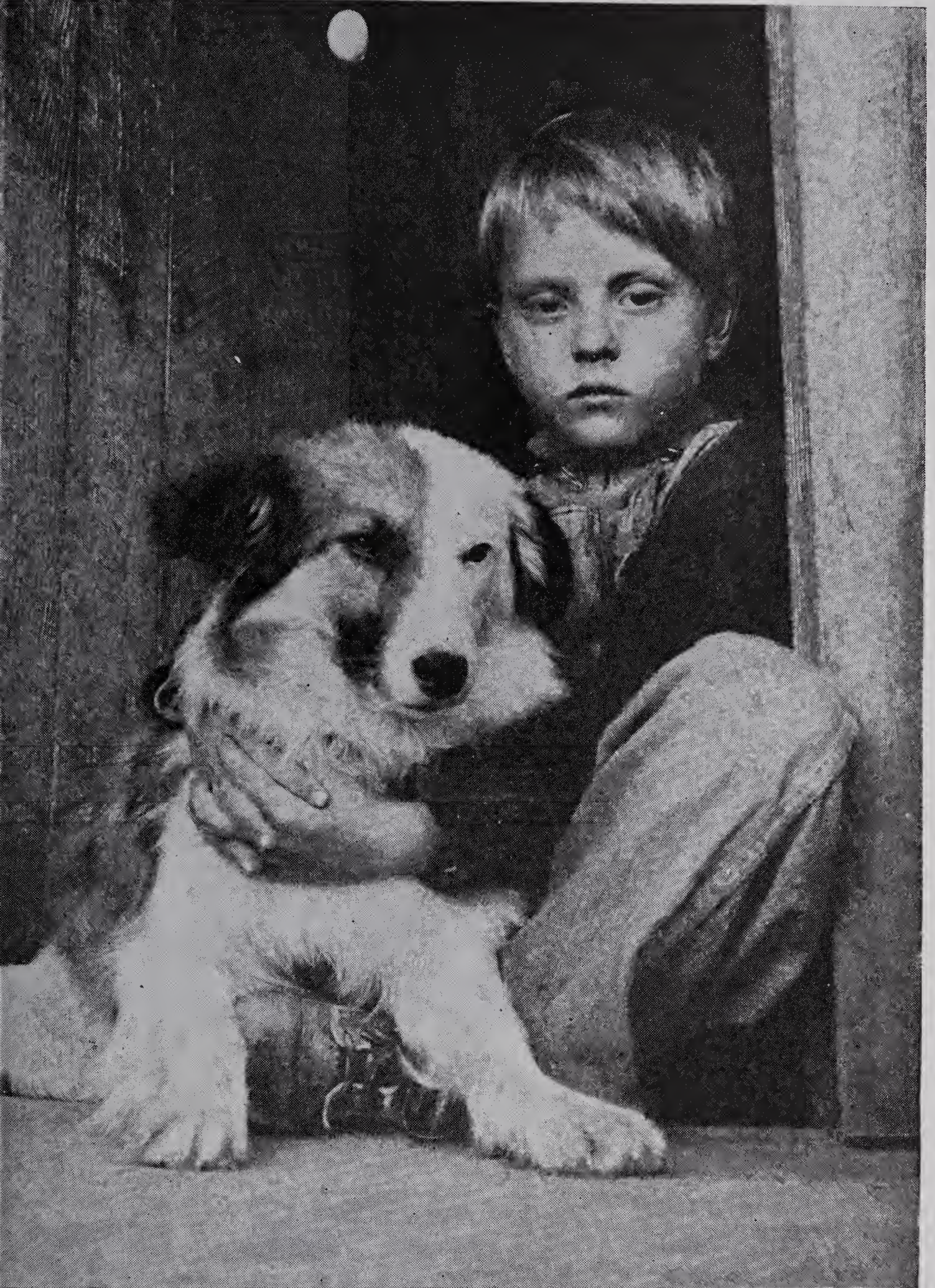
A sense of security and a feeling of belonging are important for the child's best development. Six-year-old Jack feels that he belongs when he is given certain homemaking tasks to do; he gains security from his family's approval of what he does. Other emotional needs, such as a need for achievement and for getting a sense of one's worth, are met if Jack's mother says, "What would we do without your help, Jack?"

A child is born with no knowledge of the world about him or of what it means to be a social being. He is not born good, bad, considerate, truthful, or unselfish. He must learn the characteristics that will enable him to live successfully with others, that will fulfill his emotional needs through social interaction. The control of temper, of jealousy, of fear, and of impulses for love are all levels of growth which children learn to achieve with the understanding help of adults through many learning experiences.

Mary was in kindergarten. At the beginning of the year she snatched toys from the other children. She pushed her playmates away from the teacher so she could have all of her attention. Mary's attempts to gain independence interfered with the play of others in her class. Only through the teacher's understanding and the well-planned learning experiences in kindergarten did Mary begin to show some willingness to share the toys and her teacher's attention. She soon learned that this sharing was a part of growing up and a way of gaining the acceptance and love of her playmates. Children learn social behavior best through actual experience.

Children need love and affection. The letters TLC are used by people working in the field of child study and mean *Tender, Loving Care*. Even though a child's physical needs and wants are fulfilled to perfection, he will not develop satisfactorily if he receives no individual attention and affection. Caressing babies, playing with them, and talking to them seem as necessary as orange juice for their best development.

Love and affection are needs of all children, no matter what their size or age. Hugs and kisses are not the only ways to



Gaines Dog Research Center

*How can owning a pet meet an emotional need?
What other values can children obtain from having pets?*

How can you give a child a good start in life? 89

express love. More important is a genuine feeling of love, shared by parents and child, which is shown by varying amounts and kinds of demonstrations. Parental expressions of love and affection will change as the child grows. The baby is held and fondled because it is the only means of communication possible at his age. As the child grows older, however, he can understand other expressions of affection: concern, interest in his activities, permission for him to express independence, demonstration of faith and understanding, and confidence and pride.

You may believe, as you read of the importance of love and affection in the rearing of children, that a child cannot have too much of them. But love can be so possessive, so smothering, that it inhibits growth and development. Consider the mother who directs the behavior of her child by instilling in him the fear of losing her love. Consider, also, the mother who shelters her child with so much loving protection that he never develops ability to make his own decisions. When someone remarked about how much pride and love the mother of a famous man must have had in his success, the man said, "My mother would have loved me and had pride in me even if I had been a miserable failure. That is why I have been so successful."

Children need to give love and affection. As a child matures, he needs to give as well as to receive love in order to fulfill this need completely. A young child will love things as much as he loves people. He will have to mature to the point where he can



*Children need to give as well as
to receive attention.*



Standard Oil Co. (N. J.)

Activities can help children to feel needed. A child is a human being, and all human beings need to feel important in some way.

distinguish between inanimate objects and living beings who can return his love. As a toddler he cherishes his teddy bear, but as he grows up he gives his love to his parents, his grandparents, his teacher, his playmates, his puppy, and other living beings.

How can you give a child a good start in life? 91

Spiritual needs are part of emotional needs. In order to develop a spiritual need common to all children, the child must learn to appreciate beauty in music, art, literature, and nature. He must recognize in people such characteristics as courage, integrity, and consideration, and he must respect their special abilities. Developing religious faith and philosophy is believed, by most people, to be indispensable to meeting the spiritual needs of all children.

Children should be exposed to beauty, to some kind of faith, and to human satisfactions of giving to and doing for others. They need opportunities for recognizing and appreciating spiritual values.

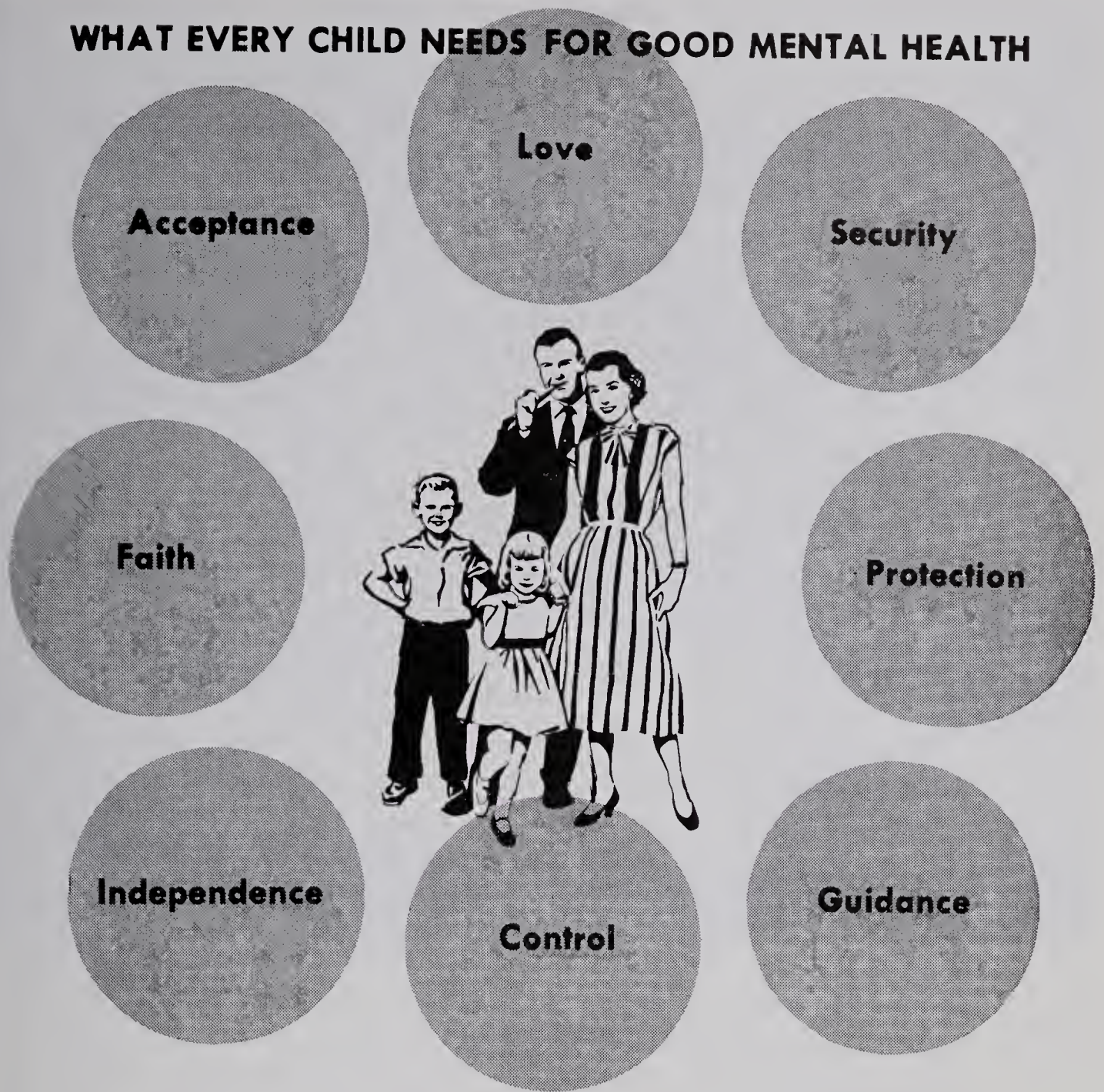
Certain symptoms may indicate unmet needs. Sally's mother had been so busy all morning that she had found no time to spend with her youngster. She had been working for a week preparing for an important club meeting to be held at her home.

She would never have forgotten to prepare Sally's lunch, but she had been too busy to give her the loving attention for which Sally was just as hungry. Sally refused to eat, she would not take her nap, and she had a tantrum about picking up her toys. She seemed willing to do anything—even at the risk of a spanking—to get attention. When her mother realized the reason for Sally's behavior, she talked with her and assured her of her love. Sally resumed her compliance with routine, and most of the problems dissolved.

Any need in a neglected child may build up in intensity. It may become so intense that a child will give up everything else to satisfy that one need. The need may be approval, food, sleep, or even a sense of security. Sometimes an unsatisfied need creates other needs in the manner of a chain reaction. Can you think of some examples?

Unfortunately, meeting one need may relieve at the moment the intensity built up in a child, but, because this need is sometimes tied up with several others, the "cure" may be temporary. On the other hand, often in fulfilling each specific need as it is discovered, several needs which are closely allied to it can also be met. Sally's mother took more time to play games with her and to read to her. This may or may not have solved the

WHAT EVERY CHILD NEEDS FOR GOOD MENTAL HEALTH



problem according to what the real cause had been. If Sally's behavior had been merely an expression of her need for more independence, giving her more freedom to do things herself might have solved her problem. The point is that there is a cause for all behavior. The big job is finding the cause and attempting to do something about it.

Emotional and social growth forms a pattern. If a child's life is made smooth by intelligent management of his physical needs, the resulting sense of well-being helps to achieve emotional growth. Normally, control of emotion begins to develop at age three, but it is unstable because it is just the beginning.

Usually emotional growth takes place in three stages: (a) the practice or learning period; (b) the stabilizing period when growth may be evident only at times; and (c) the stage when

emotional development becomes a part of the child's personality and requires no conscious thought. Fear in an infant is an example. The baby learns to accept the attentions of a stranger without screaming or crying. He gradually controls his fears, exhibiting only occasional outbursts of emotion. Finally he accepts all strangers without thinking and even makes advances himself to other people. Developing any aspect of personality follows much the same pattern.

How can mental growth be fostered?

Life is a continuous process of learning. Someone once said that when learning stops, so does living. It has also been said that if everyone learned as much as children do during their first two years of life, the human race would be one of mental giants. Mental growth in children must be fostered and as many opportunities as is possible must be offered to stimulate it.

Children learn in many ways. Young children learn through play, through the senses, by trial and error, by imitation, through problem-solving, by making decisions, in imaginative play, and in other ways. Have you ever realized that as a child you had to learn how materials and objects felt, as well as how they looked, how they sounded, and what would happen to them under certain conditions? What are other ways in which people learn as they grow?

Each child is born with certain abilities and talents peculiar to him. His family can help him develop these to their fullest extent. They can help the child, at the same time, to realize his limitations as well as his potentialities.

Proper emotional climate is important to mental growth. The maximum mental growth for each child is dependent on his social and emotional adjustment, on his physical and mental health, and on experiences which offer him opportunities for learning. Children learn best by doing. For best learning, the home, school, and playground must provide an atmosphere free of fear and emotional stress. Understanding and intelligent adult guidance are important too. Each child must be permitted to progress at his own rate of speed without being pushed or nagged into trying to do things beyond his ability.



New York State Colleges of Agriculture and Home Economics

Learning in children can be fostered at home as well as at school.

The mental growth of children forms a pattern. Although the capacity for learning may vary with the individual, children learn much the same things at each age level. The developmental tasks that a child needs to accomplish at each level, however, must be achieved before he can go on to further maturation. Perhaps the key to optimum mental growth is to provide first the opportunities for experiences under the proper conditions, then to allow the child to progress at his own pace. Expecting too much may retard mental growth and may set up emotional responses that will further inhibit learning.

What are the physical needs for growth?

Physical growth is the most obvious kind of growth. Certain conditions are required for such growth, and the lack of them

may become readily apparent. Retarded emotional or social growth may not be recognized as easily. Children will still grow when they do not have proper food, clothing, and shelter or enough rest, play, and medical and dental care. But without one or more of these factors, growth may not be accompanied by maximum development of bone and tissue, resistance to disease, strength, good looks, and reasonable life expectancy.

Unfulfilled emotional needs can affect physical growth to some extent. The unloved child may be a poor eater; the insecure child may not be able to get enough sleep. Can you think of other factors that affect physical growth?

A balanced diet is necessary for maximum growth. Children require a balanced diet with generous amounts of energy- and growth-producing foods. Proteins in particular are important. A practical and safe way to insure balanced diets is to paste a reliable foods chart, such as a Basic Seven or a Basic Four, to the back of a cupboard door for easy reference when planning children's meals.

However, more is involved in feeding a child properly than merely presenting to him the foodstuffs prescribed for a balanced diet. Children's feelings about foods and the atmosphere in which meals are eaten are also important to the child's nutrition. His emotional response to meals or to certain foods will determine whether the child will eat what he should. A pleasant response to eating in an atmosphere serene and free from anxiety will aid his digestion and encourage his appetite.

Children go through periods when they eat more food or less food than they do at other times. This is normal behavior and is no different from the way adults occasionally react. If the mother or another adult becomes overanxious or overpersuasive at a time when the child's appetite is slight, he is quick to sense the advantage he can gain by using poor eating as a way to get attention. On the other hand, because his eating creates tension, he may not eat when his appetite ordinarily would return.

In general, children's likes and dislikes follow a pattern. Children are suspicious of a new food, particularly if the texture or flavor is strange. New foods should be introduced gradually in small amounts. One strongly flavored food at a meal served with



Gerber Baby Foods

Many a parent has found that mealtime for a baby will end with more food on the ceiling and on the floor than in the child's mouth. Patience is required.

other blandly flavored foods is sufficient. Children do not like lumps in foods, so cooked cereals, creamed foods, and other mixtures should be smooth. Using a combination of textures in a meal, such as one crisp food, one chewy food, and one mashed food, will give the child an interest in the meal.

Making meals attractive and colorful encourages children to eat. Vegetables and fruits add interest to the meal and provide some of the nutrients necessary for an adequate diet.

For a child, eating is sometimes hard to do. Chewing may

How can you give a child a good start in life? 97

be difficult when he has new teeth or spaces where teeth have been. Sometimes underdeveloped jaw muscles make eating a task. Avoid overfilling the child's plate, and serve only one hard-to-chew food at a meal. Some foods can be ground. Foods that are hard to pick up with a spoon should be cut into pieces that can be eaten with the fingers.

When a food is refused, take it away without comment at the end of the meal. Introduce the same food later in a smaller quantity combined with another, more popular food.

A child needs plenty of protein to build muscles and to supply energy. Some of this protein should be provided at breakfast. If cereal is the main dish, include also some crisp bacon, an egg, cottage cheese, or small pieces of other meat or fish. Milk should be a part of every child's breakfast.

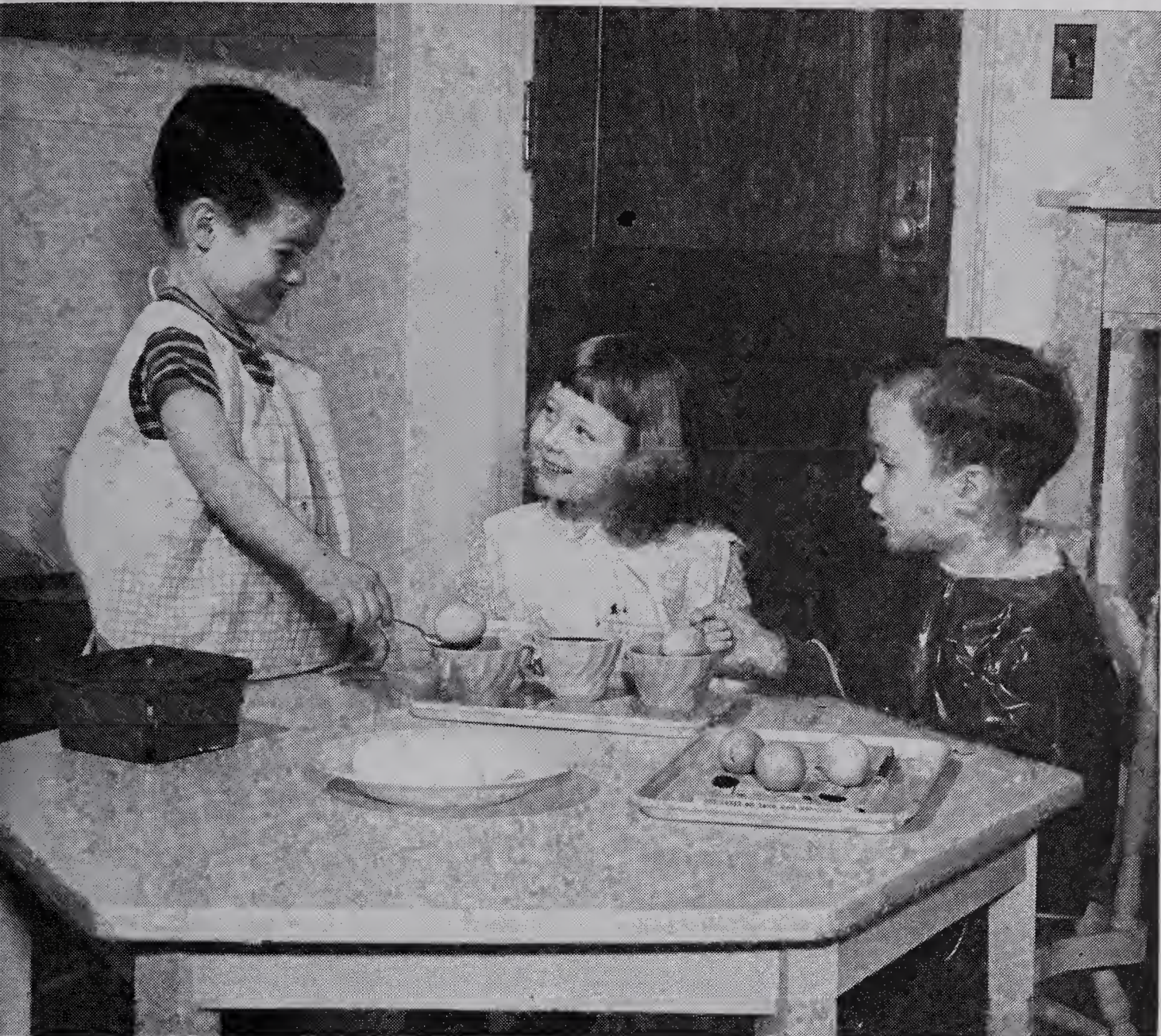
Although a child may be old enough to be on a three-meal-a-day pattern, he needs to eat more often. Preferable for in-between meals are milk, raw fruits, vegetables, and juices. They add the much-desired nutritive values and are not as likely as other foods to dull the appetite for the next meal.

Avoid offering sweets to a child, particularly concentrated sweets such as candy, cake, and pastries. Since they destroy the desire for more nutritive foods, if sweets are used at all, they should be given after a regular meal. Many dentists believe that to avoid tooth decay the main supply of sugar should come from fruits.

Foods with a combined high fat and high carbohydrate content are hard to digest. Such foods—for example, spaghetti and meat sauce, pastries, whipped cream dishes, and deep-fat-fried foods—should be avoided in a child's diet.

Comfortable clothing is best for children. The days of heavy, bulky clothes for children have gone. Clothing is now chosen primarily for comfort. It provides (a) protection against heat or cold; (b) freedom of movement so that the child's play is not restricted; (c) durability and washability; and (d) self-help aids, such as large buttons, zippers, and snaps to help the child put on and remove garments easily.

Today more homes have labor-saving equipment such as washers and driers. Today's mother can also buy clothing made



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Children can be dressed comfortably for any activity. These youngsters can move freely without concern for their clothing. And care of their clothing will not be a problem.

of fabrics which require less care. Thus, a child in the average family today can change his clothes and undergarments frequently. Consequently, the modern child is not subject to much skin irritation or disease which may result from the wearing of soiled clothing.

A child's clothing should be checked frequently to see whether he has outgrown it. It is particularly important to check the fit of shoes and socks.

The home can be adjusted to help children grow. The physical aspects of the home must be considered. These include comfortable temperature, good ventilation, cleanliness, safety, sufficient space, adequate light, and other factors.

How can you give a child a good start in life? 99

In addition to maintaining the physical aspects of a good home, a good emotional climate must be kept up. Desirable family relationships foster the best development of children. The home atmosphere can build feelings of security, safety, and serenity in children.

A child needs a place in which to keep his personal possessions and in which he may have some privacy when he wants it. He should be able to sleep alone to assure his best physical development. Living in too-crowded quarters may endanger health through lack of ventilation, safety hazards, unsanitary conditions, and exposure to communicable diseases. The tensions and frustrations that are built up when too many people live in a limited space do not promote a desirable emotional climate. If a family must live in a crowded home, some privacy can be created by using room dividers such as screens. Other methods can also be devised to set aside a corner for the use of each member of the family.

Adjusting a home to a child's size can be an interesting job and will improve the safety and self-help features of a home for youngsters. Some possible adjustments might be these: placing hooks within reach of children, providing a step for easier access to the washbowl or toilet; lowering the legs of a card table to provide convenient space for coloring or clay work; and making low shelves for storing toys. When thought is given to the minor changes which can be made, the cost in money or

*How can a house be made to fit
a child?*



time can be kept at a minimum. What specific adjustments can you suggest which would make a home safer and more comfortable for children?

Play space is essential to the child's best development. A safe place in which to play in any kind of weather is essential to a child's growth and development. This space may progress from a playpen for the very young child to a community playground later on. Providing this play space must be a consideration at every age level.

The values of outdoor play are many. It is valuable as a way of avoiding the constant "no's" and "don't's" which are usually necessary when children must play where adults are working. Whether they are indoors or outdoors, both children and adults are happier when a place has been set aside for children's play.

The neighborhood may make a difference in the way children grow up. The neighborhood in which a child lives will have an influence on his physical, emotional, and mental development. To obtain the essential social experiences that a child needs, he should live where he has opportunities for play with other children. He should live where there are no automobile hazards, no unguarded waterways, and no dirty, unkempt yards.

The attitudes and values common to families of the neighborhood must be considered, for attitudes and values can be "caught" as easily as disease. Children reach stages in their development when they are more influenced by their companions than they are by adults at home; therefore, a neighborhood known for its high rate of vandalism and delinquency should be avoided.

The causes of poor adjustment and misbehavior in children are often directly related to poor housing conditions and to lack of play space. Some families are willing to pay a little more rent in order to live in a better neighborhood, although it may mean cutting down on the money to be spent for something less important to their children's development.

If for economic reasons a family must live in a less desirable neighborhood, it needs to make a greater effort to accompany the children to and from school or community play areas. Some-



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The same family background does not mean that children will have similar potentialities. Each child has certain abilities and talents peculiar to him.

times groups of families can work co-operatively to establish suitable recreational areas in a neighborhood.

Physical growth forms a pattern. Although there is an expected growth pattern or normal development at each age level, there are wide ranges of individual differences in growth. One child may develop certain skills sooner than another child. For instance, Jack may talk earlier, but Jeffrey may walk earlier, although his language skills are not as well developed as Jack's. When they are ready for school, however, both children may

have reached the same point in growth. Certain physiological and psychological factors within a child seem to set his pattern for growth.

Physical growth is believed to go on at a smooth even pace, although this may not be apparent. Such growth may seem to be in spurts. During one period of growth, a child may outgrow a pair of shoes in six weeks, but during another period he may not need a pair for three months. Other less obvious aspects of growth and development are going on at the same time. A sixteen-year-old girl may have reached her maximum height, but glandular development or muscular co-ordination may not be complete for several years.

Unless there are wide variations from normal physical development at each age level, a child needs to be allowed to grow and develop at his own pace. Any extensive deviation from the normal for a particular growth level might warrant obtaining the advice of a specialist.

Chapter checkup

1 For each of the following needs of children, show three ways parents might provide for meeting them:

- | | |
|------------------------|----------------------|
| sense of security | freedom from disease |
| need for independence | proper clothing |
| appreciation of beauty | proper diet |

2 If you were planning a diet for a young child who is a poor eater, which of these foods would you *not* include?

- | | |
|-------------------------------|------------------|
| fried foods | cake |
| foods made with whipped cream | custards |
| mashed vegetables | fresh vegetables |
| highly spiced foods | broiled meats |
| preserved fruits | fresh fruits |
| pastries | |

3 If you were choosing clothing for a young child, which of these items would you consider best buys? Tell why you would select them.

- light-colored wool flannel jacket
knitted cotton sunsuit

(continued on next page)

one-piece overalls
trousers with buttoned fly closing
pajamas with slip-on waist
nylon sweater
wool trousers
cotton knitted underwear
two-piece starched cotton suit
rayon-and-silk shorts and shirt

- 4 Write a paragraph on ways a home can be adjusted to small children.
- 5 List the characteristics of a good neighborhood in which to rear children.
- 6 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

pattern of growth
self-help clothing

social interaction
stabilize



Chapter forecast

Chapter 5

*How can adults help a child
to learn about his world?*

Living for Young Homemakers



*What do children learn by
watching others?*



*What kinds of experiences
will help children to learn?*

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*Is work a way of
learning?*

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*Is play a way of
learning?*

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Chapter 5

A child has to learn how to live in society

Obviously, a child cannot learn all by himself how to be a responsible human being living in a complex society. To help him obtain a healthy outlook and to be a good member of society, he must have guidance and control. A child needs friendly help in learning to form satisfying social relationships. For example, helping him to learn that although it is natural to feel anger and jealousy, he must learn to control these feelings to prevent hurting himself and others.

In order to live with other people, everyone must develop certain values such as kindness, generosity, and integrity. Children are not born with a set of ready-made values. They must be learned through careful guidance and by example. Love and trust, combined with guidance, will form a background for a child which will enable him to grow up confident and secure.

To help him to learn the lessons of social living, a child must

have many experiences with all kinds of people of all age levels. He can gain these experiences through play and through the opportunity and freedom to explore his world.

Unfortunately, not all children have the care and guidance of loving parents that is so necessary to the successful rearing of a child. Therefore, all conscientious people are concerned with the welfare of neglected children. In general, the welfare of a child depends on the welfare of his family; thus much of the work being done to help children is geared to helping their families. Welfare agencies concerned with the child and his family provide individual counseling, educational materials, free or inexpensive courses, and group work.

Welfare in the past tended to be overly sentimental or in the form of material handouts. Most aid today, however, has the primary objective of finding ways to help families to help themselves. When this is not possible, provision is made in most areas to care for children who have no families or whose families do not provide the care necessary for their best development.

Ideas for action

1 Sources for study

Baruch, D. *New Ways in Discipline*. McGraw-Hill Book Co. New York.

Hurlock, E. B. *Child Growth and Development*. McGraw-Hill Book Co. New York. Chapter 12.

Rand, W., Sweeney, M. E., and Vincent, E. L. *Growth and Development of the Young Child*. W. B. Saunders Co. Philadelphia. Chapter 11.

Shuey, R. M., Woods, E. L., and Young, E. M. *Learning About Children*. J. B. Lippincott Co. Chicago. Part 2.

Spock, B. *Pocket Book of Baby and Child Care*. Pocket Books. New York. Pages 194–347; pages 443–478.

2 Through the use of various resources, compare the method of friendly guidance of children with the method of authoritarian

discipline. Prepare a bulletin board showing how a person who had been reared by one of these methods might differ from one reared by the other method.

- 3 Invite to class a social caseworker or similarly qualified person to talk on ways that juvenile delinquency might be prevented.
- 4 Observe a kindergarten group to notice how the teacher handles behavior problems or prevents them.
- 5 List acts, activities, or behaviors that you might wish a child to do or to develop. Suggest incentives other than bribery that might be used to encourage a child to go to bed when asked, to pick up his toys, to treat animals kindly, and to share possessions with friends.
- 6 Have class members role-play the manner in which they might explain to a young child why he cannot behave as he had seen adults do. For example, show him why he cannot

stay up as late as parents do at night;
smoke a pipe;
drink coffee instead of milk;
wear make-up to kindergarten; and
swear at a difficult task.

- 7 Write a skit showing the importance of consistency in guiding children.
- 8 Prepare a booklet on choosing toys for various age groups to be used as a guide when shopping for children's gifts at Christmas time.
- 9 Investigate the adoption laws in your state. If possible, invite to class a person who has adopted a child. Ask him to talk on these topics:

The procedures required for adopting the child

The preparation the parents make before the child came to the home

What and how the child was told of his adoption

Some of the problems and satisfactions related to the situation

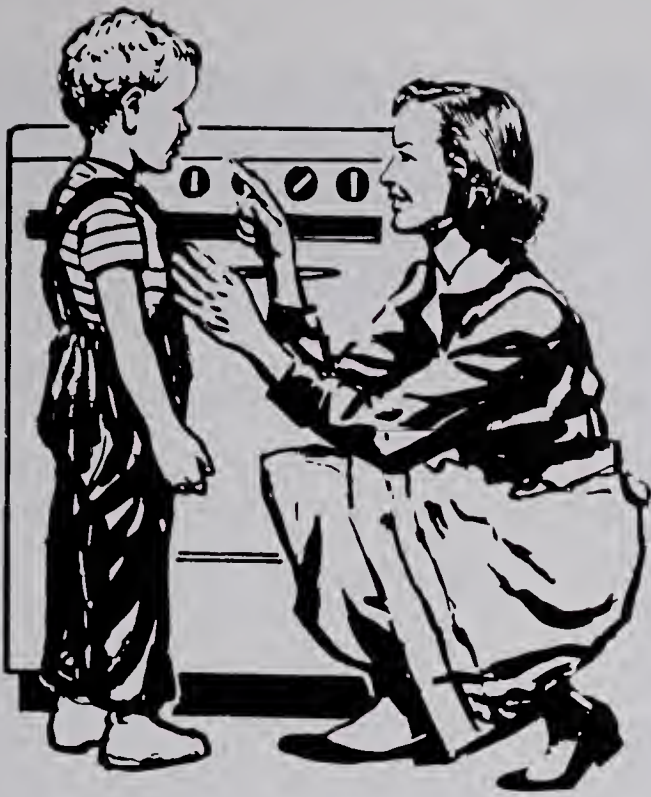
- 10 List ways you might help a young child to understand the world about him.

- 11 Suggest ways in which a child might be helped to learn the rights and limitations of owning property such as
the family TV;
a bicycle;
a baseball and bat;
a musical instrument; and
a jackknife.
- 12 Prepare a bulletin board showing ways of helping children to understand money.
- 13 Investigate the child welfare agencies in your community. If possible, have class groups visit these agencies. Each group may report to the class the information it gathered about the work of the agency it visited.

How can you guide children for their best development?

One responsibility of adults toward children is to help them to learn what is acceptable behavior. Human beings are not born with a knowledge of how to act. They need guidance until they develop self-discipline and no longer need to depend on outside authority. Self-discipline includes self-respect, self-confidence, self-reliance, and self-control. Judgment is another indication of maturity and self-government. Children must develop the ability to judge what will be the consequences of their decisions. They must be able to visualize how their decisions will affect both themselves and others. They need to learn also that the actions of others are not always right.

Some parents, through fear of losing their child's love or because it is the easy way out, avoid taking responsibility for teaching children what is acceptable behavior. Other parents fear that restricting a child may inhibit the child's development. Some unfortunate children thus find themselves with complete freedom. These youngsters are rejected by adults who consider them "brats" and by other children who, without pretense, refuse them membership in their group. Both the children and their parents suffer from the lack of training and guidance which is every child's right. The children make poor social adjustments, which possibly may exist throughout their lives. The parents



*Does correction inhibit
a child's growth?*

find that their children's behavior later has created greater problems for them.

The responsibilities of the parents are to guide their children in social adjustments, protect them from bodily harm, and build and maintain their health.

Children must learn the right way. Children must learn what to do in hundreds of situations before desirable behavior can be expected.

Jimmy's mother was furious when her four-year-old experimentally mixed salt into the sugar bowl. To punish Jimmy the first time he did this would have overlooked the fact that he could not be expected to realize what he had done. When the explanation has been made, different behavior should be expected. Children need to be taught acceptable behavior according to their age and level of maturity.

Methods of guidance vary with the child and the situation. The success or failure of guidance will depend upon the method used and upon the feelings that enter into the whole situation. In the long run, the important thing is not so much how a parent guides his child but how he and his child feel about it.

One adult may boast of the "larruping" he received as a boy when he misbehaved and point out how it made a man of him. Another adult who had received the same treatment may point out the ill effects it had on his development and how he still resents the action of his parents. The parent who feels that a good spanking is the only punishment actually due his child might better administer it rather than restrain himself. If he

constantly bottles up his feelings and refrains from spanking, he may come to the point where he rejects his child and withholds his love and approval of him.

Incentive is a way of obtaining desirable behavior. When the word discipline is mentioned, many people think of punishment rather than teaching. Punishment can be merely part of a method and may not be even necessary in obtaining desirable behavior.

One method of learning is often used with animals. As a result of certain behavior, an animal is given something either pleasant or unpleasant. For example, a dog learns that for one action he receives a tidbit and for another action he receives sharp words. He soon learns to adopt the action for which he receives a pleasant response and to avoid the one which brings an unpleasant response.

Human beings, with their power to think, usually respond better to reasoning as a method of learning desirable behavior. For children, a simple, easily understood description of what the child is to do, with equally simple reasons for doing it, seems to be the best way to gain the behavior desired. If the action is followed by a word of praise or a comment on a job well done, the desired action may be easier to obtain the next time.

Often the reasons for certain behavior may be beyond the comprehension of a child. A command such as "Go to bed, John, so you will get proper rest in order to grow" is difficult for a preschool child to understand. He cannot see his own growth and may not be able to see it in others, and he cannot begin to realize how proper rest may affect the process. "Pick up your toys and we will have time for a story before bedtime" might act as an incentive for encouraging a child to get ready for bed. Providing a reward can be successful if it does not become the only method used or does not resort to bribery. If a child never follows a suggestion without expecting a reward, a further problem has been created.

Children learn behavior from others. Children learn much about acceptable behavior through observation of other people and through "catching" many of their attitudes and feelings toward certain situations. If parents practice consideration for



Gerber Baby Foods

A baby sitter can have a great deal of influence on the way a toddler reacts toward a baby brother or sister.

each other, the child is more likely to develop similar habits towards others than if he is simply told to be considerate.

Parents need to set a good example for their children. However, a child must learn early that he needs to grow up to many of the privileges enjoyed by adults. Young Joe at six years of age wants to sit up late at night “like Daddy” rather than go to bed at seven o’clock. Children are naturally imitative and learn quickly, but to permit imitation when it is not good for the child is foolish. Children also must be helped to learn that what others do is not always right. Why is this true?

Guiding children requires thought and understanding. Friendly relationships in the family are necessary for teaching children self-discipline. A healthy emotional climate encourages children to accept correction and guidance and yet feel the warmth of the love and interest of their parents. The following points are keys to successful guidance:

- 1 Briefly describe to the child the behavior desired from him, giving simple reasons for the actions.
- 2 Give him recognition and approval as rewards for desired behavior. Such praise may be needed while the child is learning as well as later when the job is finished.
- 3 See that he learns to enjoy the inner satisfaction of self-government.
- 4 Withhold pleasures so that the child may learn to follow through on certain behavior. Sometimes children need to experience the consequences of their acts, either pleasant or unpleasant.
- 5 Use punishment sparingly. Praise, approval, and pleasant responses are more effective.

Consistency and routine make guidance easier. Children are much more secure and happy when routine is established. They know what they are to do next and how much is expected of them. They get a fair idea of the response they will receive from their parents. There are three stumbling blocks to proper guidance: (1) amplifying small faults and unimportant mistakes; (2) getting even with children or taking it out on them; and (3) being inconsistent in discipline.

One day Mark tore up the day's newspaper to make airplanes and was flying them joyously around the house when his father came home. The father saw what had happened, but he only watched Mark in a preoccupied fashion because he had read his paper at the office. However, when he came home the next night tired and irritable and discovered his son tearing the newspaper which he had not read, Mark was spanked severely.

Did the fact that Mark tore up the paper justify such severe punishment? How was the father's discipline inconsistent? Do you think his father's irritation rather than the act of tearing up the paper may have made the spanking more severe? What procedure might Mark's father have adopted the first night?

Routine provides security for children. They gain more confidence by knowing what they are expected to do and when to do it. At times they need the comfort of knowing that adults will set limits or insist on certain behavior. The personal atten-



Do children thrive on routine?

tion received through guidance may be as important to the child as the guidance itself. For example, Mary may need her mother's attention more than the reminder that it is time she went to bed.

Probably there is no child more unhappy than the one who is given no direction. Children as a rule love routine. This fact is often demonstrated in play groups where play, eating, resting, reading, and toileting are scheduled for the same times every day. If any change is made in such a routine, the children become upset and express their displeasure with unexpected changes.

How does the family affect adjustment?

The child's world begins with a population of two people—his mother and himself. Gradually the baby learns to include his father in this world. Later he learns to know his brothers and sisters, his relatives, and his neighbors and friends. His world expands with preschool and school experiences. In similar gradual steps, he will need to learn to live with others.

How well a child adjusts in his family group as he grows up affects his later adjustment as an individual and as a marriage partner. Adjustments must constantly be made as the family group changes. As younger brothers and sisters are born, as a child becomes more companionable to older brothers and sisters and parents, as he makes friends with his grandparents—so do his playmates and relationships change and develop. Such inter-



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Position in the family affects a child's adjustment. The oldest child often will act much differently from his younger brothers and sisters. Why? Likewise, the others react according to their position in the family.

action between people teaches any child the best ways to live with other people. How successful these relationships are during the time a child grows and matures will determine his success in society as an adult.

Position in the family affects adjustment. Whether a child is the oldest, the youngest, or somewhere in the middle of the family will affect his personality. The oldest child has had to yield his place as an only child and to share his parents' affection and attention with a younger child or children. How well



Sharing at play helps children to learn from each other. In this early play the child is learning that life consists of give and take, and that you must “get along” with people.

his parents prepare him to accept the new baby and, in consequence, a different kind of personal attention will determine his successful adjustment.

The youngest child may suffer because he remains the baby of the family too long. He may become resentful of being the one to be directed and never being allowed to make his own decisions.

Perhaps the middle children find it most difficult, for they are most likely to be neglected. They cannot acquire the maturity

of the older children, to be rewarded by responsibility and attention. They are not allowed to behave in an immature fashion to gain the attention accorded to the baby of the family.

The best way to assure each child's adjustment whatever his position in the family is to see that he receives as much praise for his efforts as for what he actually achieves. Each child should contribute to the family the best he can; he should learn the values of working co-operatively; and he should practice habits of consideration for others. The more attractive or the more intelligent child should not take all the credit for his superiority, simply because he was born that way. He should try, instead, to get rewarded for his own efforts and achievements. And of course no child should be permitted to take advantage of his position in the family at the cost of another member's happiness. In his preparation for living in a world with so many other people, a child must be taught sound practices in human relationships within the family. He must be shown that each member is to receive his just share without depriving other family members of their rights.

The only child needs playmates. The only child needs to acquire social experiences through contacts outside his family group. He must be permitted to associate with people in all age groups and to have some degree of freedom in selecting his companions. His playmates should be of both sexes in order for him to learn the personality differences and similarities of the opposite sex.

Adults tend to give in to a child's desires too readily. The child finds this condition unrealistic when he must begin learning how to live with others. He should have playmates of his own age in order to learn how to get along with others.

The adopted child needs assurance of affection. Parental love is developed from birth through the daily loving care that is given a child over a period of time. Parents of adopted children can love them as much as biological parents love their children and sometimes even more. When a couple are contemplating adoption, they need to prepare themselves as carefully as any other prospective parents for the job of caring for and guiding a child.

As soon as he is old enough to understand, the child should be told that he is adopted. If he accidentally finds out about his adoption, the secrecy may be interpreted by the child in too many negative ways. It is reassuring to a child to have his adoption accepted as something usual but highly pleasant to everyone concerned. These children are generally provided with more security when they are told that they were actually *chosen* to become members of their families rather than accepted through birth.

Curiosity about their own parents is normal, but it may be the basis of some insecurity in adopted children. They may worry about the reason their own parents did not keep them. It should be made clear to them that their own parents would have kept them if they could have done so. It may be an advantage in a number of ways that adoptive parents usually know nothing about a child's background or biological parents. The child will therefore need to understand why an outside agency made the arrangements for his adoption and why his adopted parents do not know about his natural parents.

Differences in family patterns can affect a child's adjustment. In a great many families both parents work outside the home, the mother either part or full time. There may be many reasons why both parents are employed. The important consideration is how well their children are provided for. The quality of arrangements must be judged according to how well the arrangements meet the emotional as well as the physical needs of the children.

Most important are the qualifications of the people who will be responsible for the children in the absence of their parents. Both children and parents are fortunate when day nurseries or community nursery schools are available to them. During the time she does spend with her children, the mother should emphasize the quality of her relationship with them rather than the length of time spent. Can you think of examples?

A child may live with only one parent for any one of a number of reasons. The reason will become relatively insignificant if the remaining parent is well adjusted to the situation and if a normal relationship is established with the child. Some kind of

companionship of persons of the same sex as the absent parent should be provided for the child.

A family may sometimes include three generations living together. Again the adjustment of the family members to living in this pattern will determine the effect on the child. The situation can be of great value to a child if the relationships are desirable. It is a situation filled with possibilities for guiding the child in his successful adjustments to all types of people and circumstances. If the relationships are not desirable, however, methods or procedures should be worked out to further the child's best development.

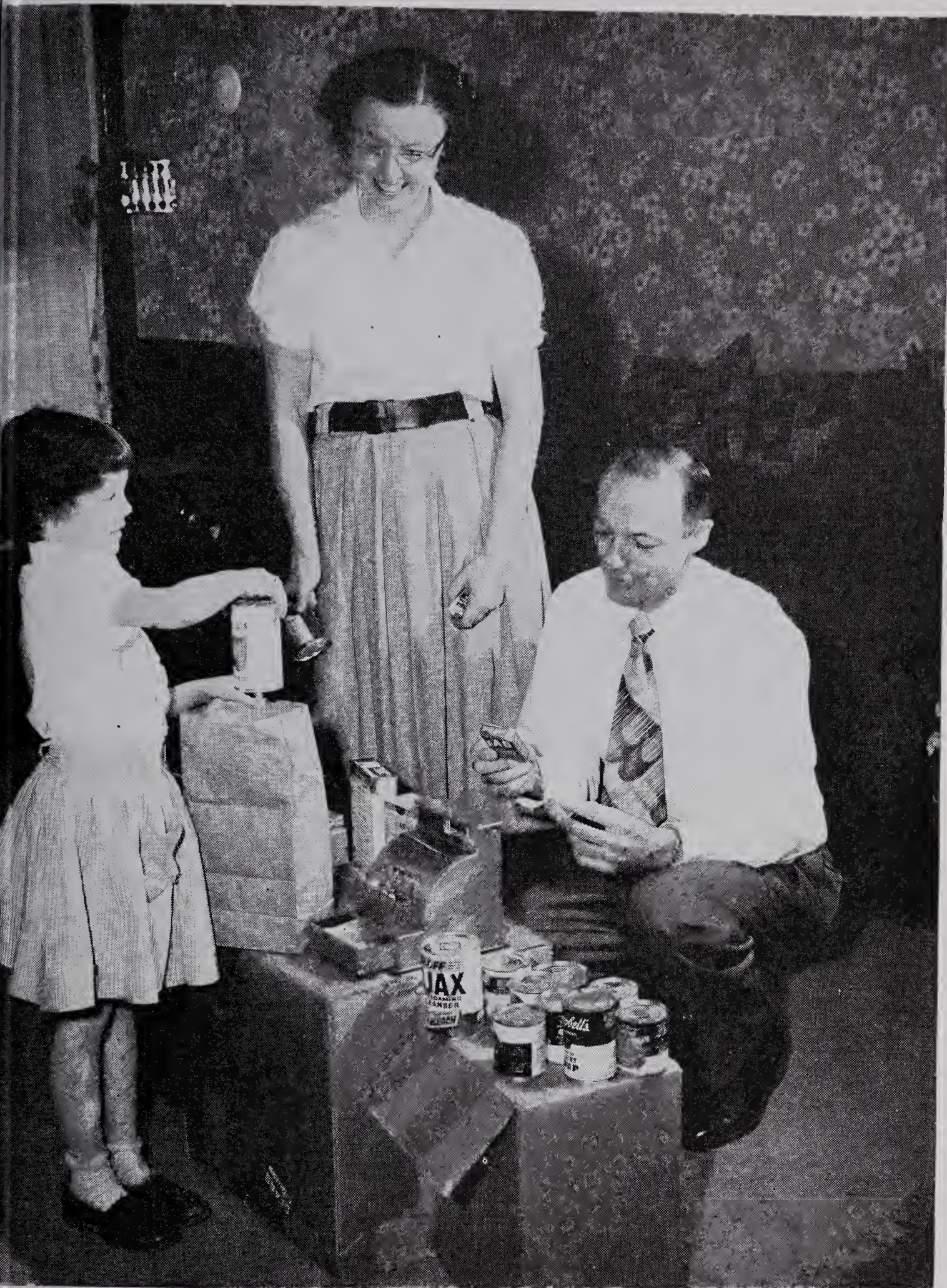
How can you help children adjust to the outside world?

Normal children seem to want to get response from other people. The six-year-old-twins Jean and John received undesirable response from an elderly shopkeeper on their street by banging on his door as they ran by. He raced out of his shop and shouted at them, while they watched half-fearfully, half-gleefully from around a nearby corner.

Ted, a neighbor child of about the same age as the twins, was sent often to the same store for the daily newspaper. His parents had helped him by being friendly with the shopkeeper and by taking Ted to the shop to make friends with him and to discover the interesting variety of merchandise he had for sale. The owner's response was to show the boy a mother cat that was kept in the back of the shop, permitting Ted to make solemn visits to her basket to admire and hold her young kittens.

In both cases the children wanted some response from another person, but how much more rewarding was Ted's experience! In what ways do you believe Ted benefited from his experience with the shopkeeper?

Parents affect contacts that children make. The attitudes and habits of friendliness shown by parents toward people set the tone for a child's skill in making friends. Children need to be given a chance to cultivate all kinds of friends. Part of the preparation for living in a steadily shrinking world is learning to have pleasant experiences with people of any age, color, creed, or occupation.



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Children can be helped to learn about their world when parents can share in play or make-believe as well as in other kinds of activities.

How can you give a child a good start in life? 121

Children learn the best ways of getting responses from other people through observing their own parents. However, their progress in learning relationships is likely to be long, frustrating, and clumsy at times, and patience and reasoning may be needed to help the child. For example, young Billy slaps the school principal on the shoulder, calling him by his first name as he has seen his father do. In this case, his attempt at social relationship will probably fail.

Children are quick to notice the underlying feeling which parents may have in speaking to others. They can distinguish between a patronizing, overbearing manner and a sincere, friendly manner. Prejudices are not born in children but are developed through observing attitudes and actions of others. Perhaps one of the most difficult jobs of parents is to overcome their own prejudices so that they will not infect their children with them.

Children should be permitted to choose their friends. At first a child's experiences in making friends are obtained mainly at home and at school. Later he may begin to take part in various children's groups in the community. Children become wiser through their experiences with many children. If the mother disapproves of certain of her child's playmates, she may have him play at home with these children so she can supervise quietly. Usually when a child finds another really undesirable as a friend he will drop the friendship, but to profit from the experience, he must find out for himself.

Encouraging a child to speak to guests in the home helps him to overcome shyness and to develop social skill. Centering attention on the child is not good practice. It will be agony for him if he is shy, and make him overconfident if he is too forward. Having him help in some small way according to his ability will ease his entry into a group.

Children can learn to play quietly in another room while adults are entertaining guests. To permit others the privilege of entertaining in the home without undue interference by the rest of the family is part of growing up. Any father should expect to be able to hold a business conference in his living room without interference from the youngsters.



Children sooner or later find that they must solve many of their own problems. Of course, they need encouragement and help, and this is an important task for the parents.

There are many ways of making friendly contacts with people both inside and outside the home. Since children make friends easily, it may be necessary to teach them certain restrictions in making friends, for example, not to get into cars or walk away with strangers. This advice should be given in such a way so as not to increase the child's fears or to deprive him of the benefits of his experiences with people. From successful experiences he will learn how to fit comfortably into the world.

Play is learning. Play is educational. It is one of the many ways through which children learn about their world. They learn, among other facts, how objects feel, taste, and smell and what happens to certain materials under specific conditions. The baby gradually learns the relative weight of objects—that if

they are made of a smooth, brittle material such as glass, they will break. These are examples of the unlimited number of learnings which all of us have had to master as we developed.

Play contributes to physical development and co-ordination. It helps children to develop mentally and emotionally, particularly when they play with other children as well as adults. Play experience stimulates imagination which is believed to be important in developing the ability to conceive of ideas, ways, and means to solve problems of living later in life. The lessons in social living which result from group play can provide much of what a child may eventually know about other people.

The value of the health factor cannot be overlooked, particularly if the child gets exercise and fresh air while playing. Play also is essential for good adjustment in adulthood. Everyone is familiar with the threat to mental health that is created by a lack of recreation.

Selection of toys requires thought. The age of the child determines the toy to buy. Toys that are at first just a little beyond the child's capacity to handle are best. A child is stimulated by something which he finds a little difficult to overcome but which with effort and practice he can master. This does not mean that a bicycle is suitable for a three-year-old. He should have a tri-cycle. The bicycle would be only a frustration until the child had grown tall enough to control it.

To give a toy to a child before he can master it takes away the thrill he might have had from possessing it later. For instance, a father impulsively buys his two-year-old an expensive electric train, complete with switches, extra cars, and signaling equipment, when the child would have enjoyed a wooden train on wheels.

Toys should be selected with the child's safety in mind. They should be checked for sharp edges, dangerous points, and poisonous paint. Children love colored toys, toys that they can play with in a variety of ways, and toys that they can use in imaginative play such as mimicking adult behavior.

Another point important in the selection of a toy is the number of children who will use it. Toys that are satisfying for solitary play are important particularly for children who must



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Nursery school children learn to play and work together. In many ways, the troubles that arise—and the way they are adjusted—are similar to your own situation. Why?

play alone much of the time. However, children need pastimes or equipment which can include other children, such as games, a sandbox, and a ball and bat. The value of a child's play lies not only in holding his own in a contest but also in sharing himself and his toys. Learning this requires the participation of other children.

Co-operative play groups have advantages. Many communities have provided places for groups of children of the same age to play together. In some neighborhoods mothers take turns supervising the children of several families. In other neighborhoods funds have been provided for establishing regular play areas under the supervision of a qualified person.

The popularity of nursery schools has risen with the increase in the number of working mothers, since some families cannot afford the services of responsible adults who will come into the home to care for their children. The value of having children participate in group activities before they enter school is being recognized.



Getting in a mess is a part of learning. After all, cleaning up after a good time is a small price to pay for an afternoon of fun!

Children need to learn about property and money. Have you ever considered how much property people must share? We may own a part of the sidewalk or the road beyond because our families have paid taxes to build and maintain them, and we are permitted to use them so long as our use does not damage or destroy them. But if in sharing public property we injure or annoy others, we may be limited in our use. A child needs to understand this meaning of property rights. For example, Johnny may use the tables in the school cafeteria so long as he does not deface them or monopolize the space which others must share.

Equally important are the conditions under which we are given the rights to private property. A family owns a dog so long as it is licensed, properly cared for, and does not bite the

neighbors. Johnny owns his tricycle until he uses it to flatten flower beds or knock down the fence. Then its use must be limited.

In order to live with others, a child must learn early the rules governing joint ownership. In childhood he learns to take turns on the family swing. In adolescence he shares the use of the bathroom. In adulthood he takes on the responsibilities of renting a house.

Money is another form of property. Children must acquire experience in its use and develop wholesome attitudes toward its value. They need to understand that money will buy other property—necessities as well as pleasures—and that to get the most for their money takes thought and planning. The child needs to learn that money is given in exchange for property, labor, and services. In short, money doesn't grow on trees, or materialize in unlimited amounts in father's pocket.

There are two major ways of teaching a child about money. First, he must be allowed to get experience in handling money. Second, he must learn that money is to be used for necessities before it can be spent for luxuries. An allowance, if it is not just "squander" money, can help children to acquire this knowledge.

Teaching children the value and best uses of money is part of preparing them for responsible citizenship. To deal wisely with the pressures of advertising and the present emphasis on material aspects of living, children must be encouraged to develop responsible attitudes toward money. They have a right to learn that some of the most important things in life cannot be bought and that money is not an end in itself.

Work is important to growing up. Work is as essential as play for normal physical, mental, and social development of a child. No matter how financially well off anyone is, some kind of work is necessary for his happiness. Children can learn to appreciate the satisfactions of work, whether they are economic, mental, physical, or spiritual. Can you think of some of these satisfactions? Children should not be exploited or required to do work that is too difficult mentally or physically. They should never do work that might interfere with their development.

Children get a sense of achievement by doing work. Six-year-old Johnny will feel important to his family if he is per-

mitted to help them in some way according to his capacity. Working with grownups provides the child with opportunities for friendly companionship, creating a feeling of being accepted. A child will feel more independent if he can learn to do things for himself. How proudly the kindergarten child ties his shoelaces or buttons up his coat!

Does society have a stake in its children?

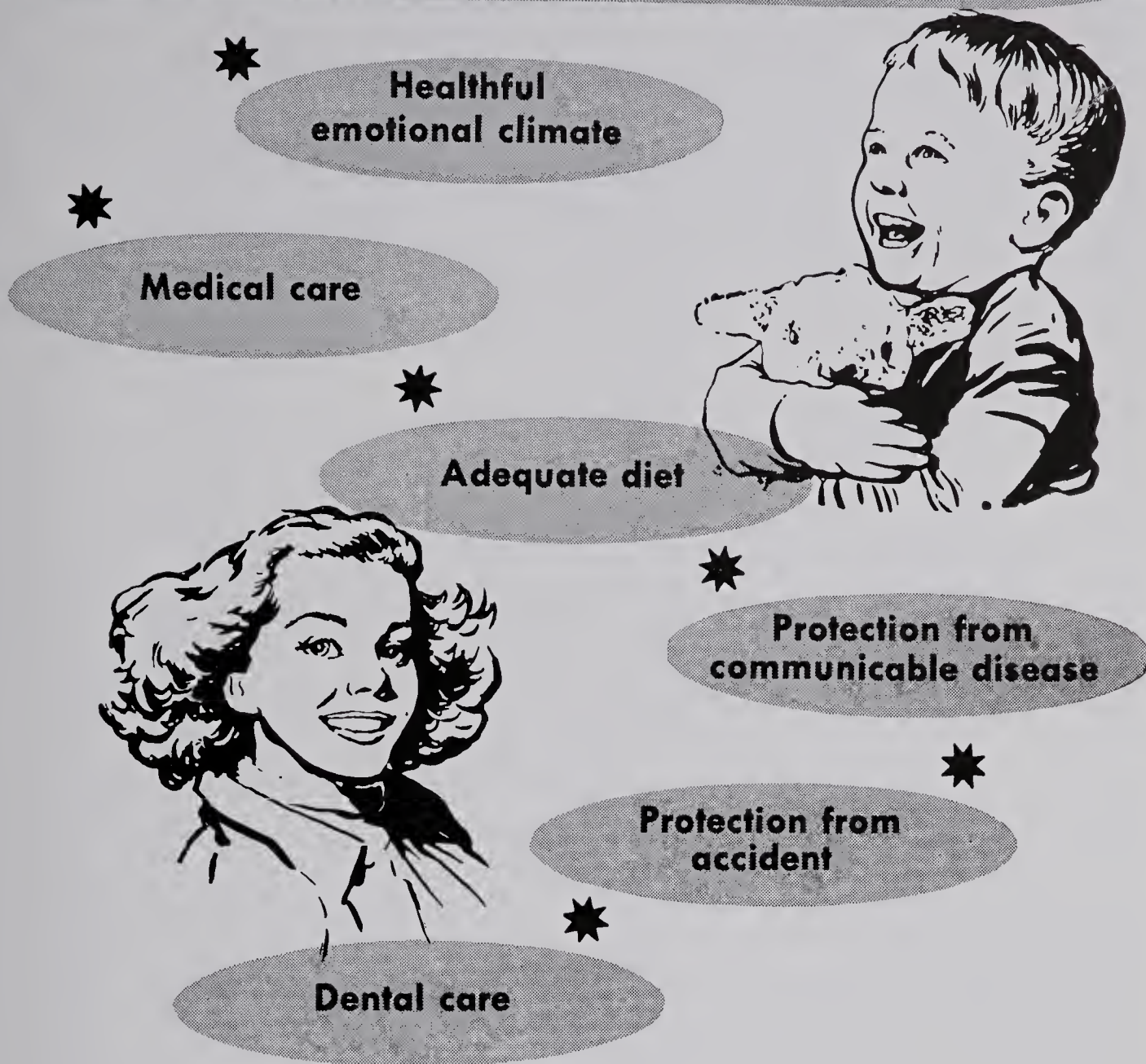
The child is a focus of human interest. Perhaps because parents instinctively love their own children, they are concerned about children in general. Since it is in childhood that an individual's personality is shaped and he acquires his attitudes, skills, and knowledge, the study of children is naturally of interest to everyone. Indeed, it is not too much to say that the welfare of society—of all of us—depends upon the welfare of its children.

Child welfare is a matter of public concern. So much of a child's welfare depends upon the kind of care and guidance he receives at home that efforts continually are being directed toward making education for family living more available. The more we learn about the causes of juvenile delinquency, the more apparent it becomes that family background is the most important contributing factor toward prevention. Much maladjustment in adulthood, mental illness, crime, and poverty stem from the lack of proper and satisfactory family living and guidance. For these reasons, educational work in many cases is concerned with the welfare of the child through improvement of family living.

In the country as a whole there are over 7,000 government and privately supported organizations working in the field of child welfare. The major concern in nearly all communities is not the lack of facilities for promoting the well-being of children but the fact that families are not aware of help that is available. An example is the child who is a behavior problem. Many parents either do not avail themselves of possible help or are ignorant of it, and nothing is done until the child is apprehended for delinquency.

In general, most publicly supported agencies are created through national legislation, then are administered through state

ESSENTIALS OF HEALTH SUPERVISION



and local organizations. State legislation varies. Some states lead in their concern for child welfare. Examining the laws of a state is not always a measure of what is actually being done. In some cases, funds and proper supervision have not been provided to carry out the laws.

Leading organizations for children's welfare are the Child Study Association of America, the National Congress of Parents and Teachers, the National Institute of Family Relations, and the Association for Family Living. The Children's Bureau of the U. S. Department of Health, Education, and Welfare in Washington, D. C., supplies reliable information on bringing up children. These and other organizations operate on the principle that families must be helped to help themselves for the welfare of their children.

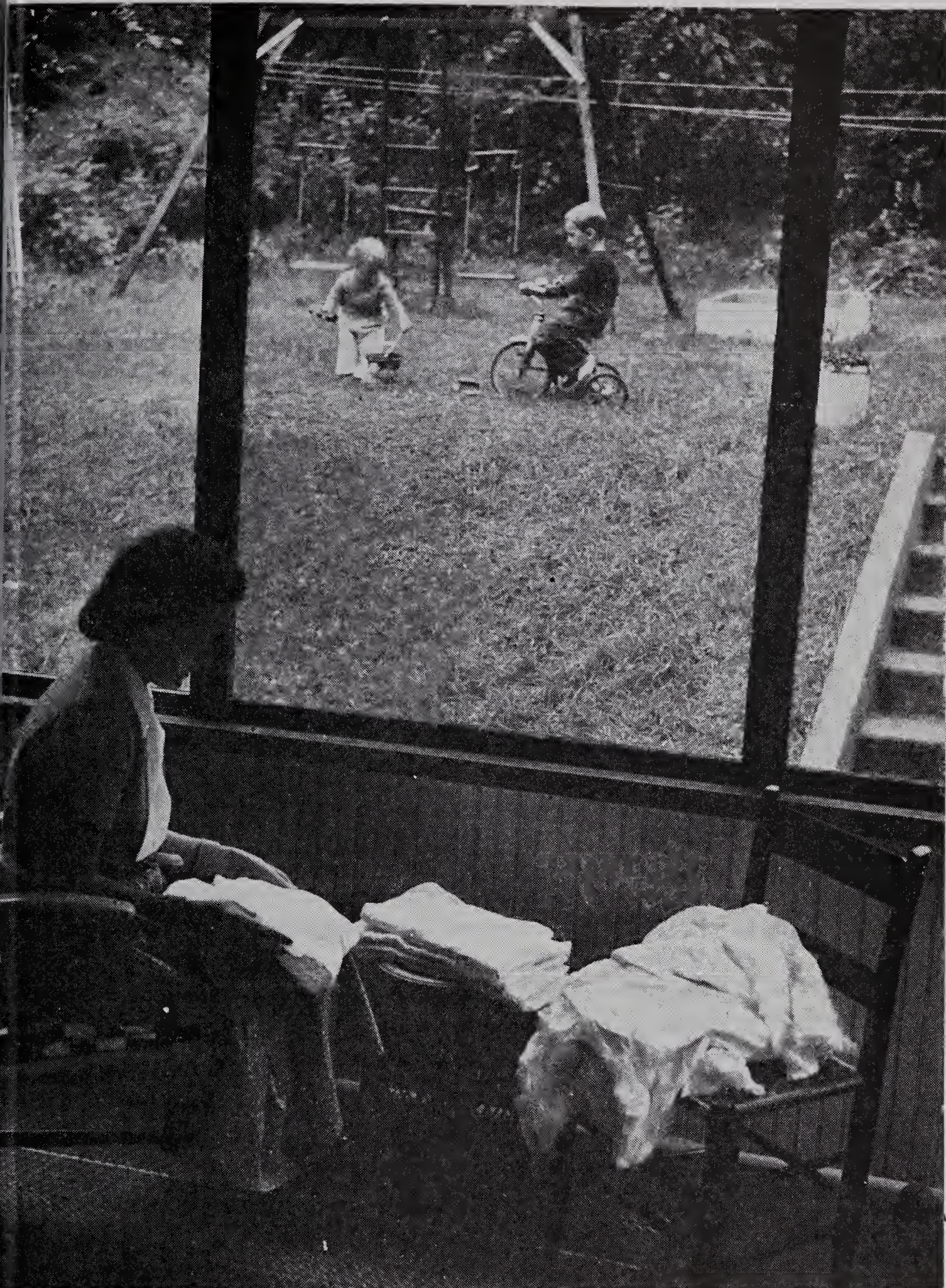
Children who have been either neglected by parents or taken from them need care until they are able to support themselves. Most agencies provide this care by placing children in foster homes or, in some special cases, in institutions. The major work of most welfare organizations is in education and counseling. How is child welfare handled in your state and community? What laws protect children? How well are these laws carried out?

Adoption is regulated by law. Adoption laws protect the child, entitling him to all legal rights of membership in his adopted family. Such legislation also protects the position of the adoptive parents.

It is the duty of adoption agencies to consider the motive of the prospective parents and to make sure they can provide a child with the care and guidance necessary for his well-being. The motive is important. The couple wishing to adopt a child in the hope of saving an unhappy marriage are not good risks as prospective parents. If a marriage is in danger of breaking up, having children will not hold it together. Adoption agencies list many other reasons why certain people are not good risks as adoptive parents.

Prospective parents should always go through the proper legal procedures so that they know they are getting a mentally and physically fit child they can be sure of keeping. Some unfortunate situations can arise when parents discover that after having a child for a period of time it is necessary to have him committed to a special institution. You probably read about some of the publicized cases in which a child was taken from foster parents without regard for the love and care the child had received from them.

The daily loving care given to any child—adopted or natural—is the basis of parental love. Greater satisfactions and sometimes better relationships are achieved where an adopted child has a temperament and physical appearance similar to his adoptive parents. Agencies usually do a good job matching prospective parents with children eligible for adoption. What are the adoption agencies in your state and community? What laws regulate adoption?



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This mother has a young baby and older children for whom she must care. Through good planning, she is able to look after the older children while caring for the baby.

How can you give a child a good start in life? 131

Chapter checkup

- 1 List ways in which children can learn about other people.
- 2 Write a paragraph telling why the method of guidance will vary with the child and the situation.
- 3 Give examples which might describe the behavior or personality of the middle child in a family;
an only child;
the most beautiful child in a family; or
the only girl or only boy in a family.
- 4 Tell which of the following sentences are true or false. Give reasons for your decisions.
 - a Adoptive parents cannot love their children as much as natural parents.
 - b Anyone who really wants a child should be permitted to adopt one.
 - c Adopted children should be told they are adopted.
 - d Children need to have some work experience.
 - e Parents should permit children to choose their own friends.
 - f Prejudice is probably most often "caught" by children from the attitudes of their parents.
 - g Play is primarily useful for keeping children out of mischief.
 - h Three-year-old Tony should have a bicycle so that he can admire it and anticipate riding it when he is big enough.
 - i Nursery schools have little advantage for only children.
 - j Teaching children how to use public property is not usually done until high school age.
 - k Children should not have an allowance until they know how to handle money.
 - l Children can learn to appreciate work.
- 5 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

authoritarian discipline
consistent

incentive
social adjustment

TEST FOR UNIT 2

- 1 Although it is important to use all available help on the rearing of children, show why it is not possible to rear a child "by the book alone."
- 2 Since behavior is caused, give reasons why the following situations might occur:

Johnny resents his new baby brother.

After company comes to dinner, two-year-old Susan whines and complains about everything.

Mary won't eat.

Charles brags loudly, deliberately misbehaves, and generally annoys his parents.

Susan will let no one but her mother undress her.

- 3 Explain why the quality of parental attention may be more important than the quantity.



UNIT 3

H. Armstrong Roberts

What makes for family well-being?

The welfare and happiness of everyone depend on three basic resources—food, shelter, and clothing. Food is so readily available to most people in this country that we are concerned more with what foods to buy and how to use them than we are with

how to obtain them. Good meals, well served in pleasant surroundings, help to maintain our health and happiness. Therefore, any consideration of the factors necessary for well-being must include the study of food and its effect on family members.

Housing provides the physical environment for family living. It is the outward framework of the home where family members may be together as a unit. All activities shared by family members are influenced by housing. Privacy, health, recreation, ease of management, and attractive surroundings are all essential to family well-being and are affected by the suitability or unsuitability of the family home.

For many people, to appear well dressed is an important objective. For everyone, clothing provides protection and self-respect. Clothing is a major item in a family financial plan. Managing so that every member of the family can be dressed attractively and comfortably is a major factor in preserving the family well-being.

Our welfare and happiness also depend upon good health. Illness is a problem that every family must meet at some time. If a family knows about local health services and feels itself able to look after minor illnesses and accidents, it is better equipped to meet the sudden serious emergencies that arise in every home.

To assure family well-being, each family member must use his resources to the best advantage; he must adapt himself to changing circumstances; he must be equal to any emergency.



Chapter forecast

Chapter 6

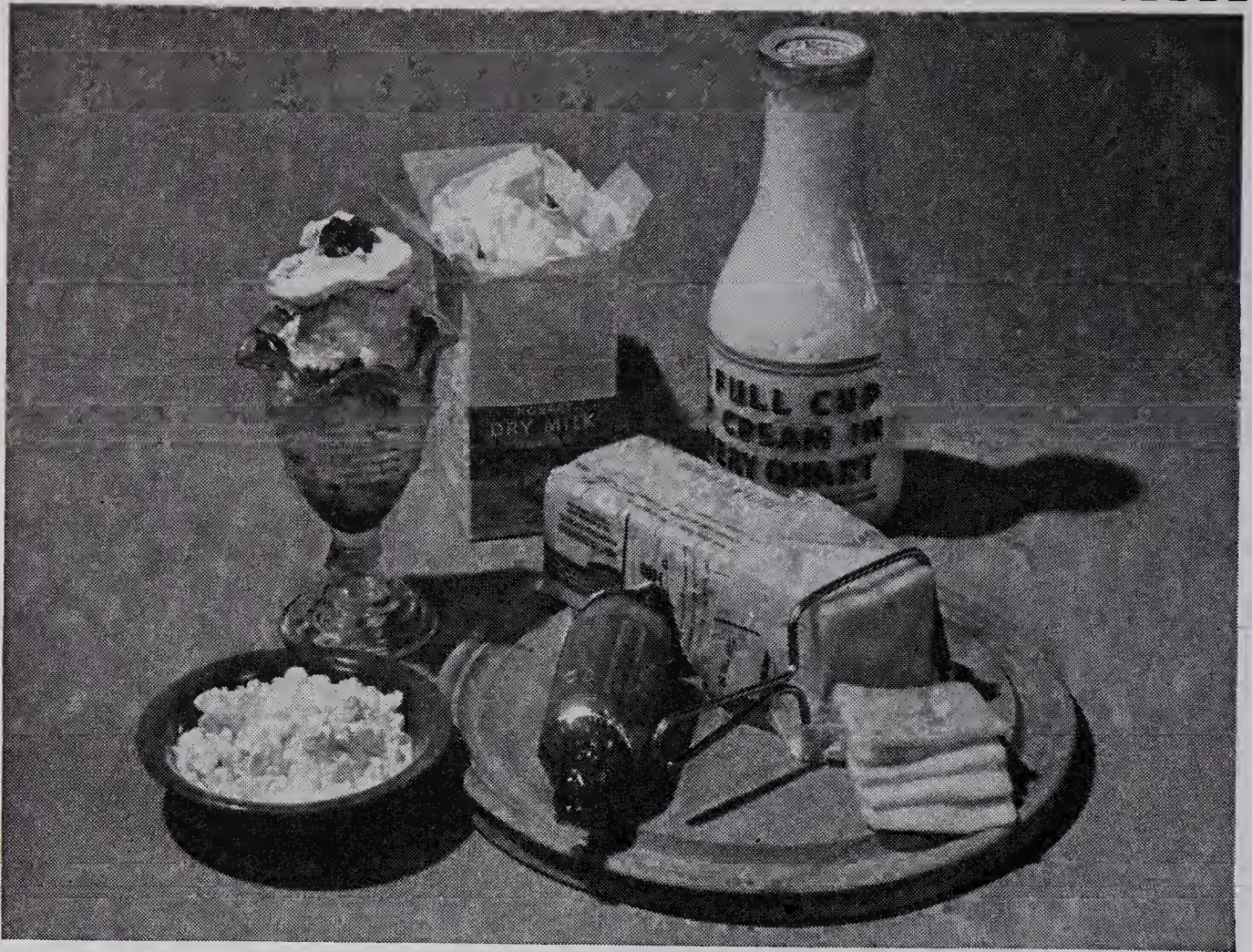
How would you analyze this boy's choice of diet?

Du Pont Co.



How does diet affect success in games?

Standard Oil Co. (N. J.)



*How can these foods affect
personal success?*

New York State Colleges of
Agriculture and Home Economics



*How would you analyze this
girl's choice of diet?*

Du Pont Co.

Chapter 6

Wise choice of food makes a difference

An old saying states, "We are what we eat." In many ways this statement is true, because our body structure, appearance, and personality are largely dependent on what we eat. It is particularly true if a special diet has been followed over a long period of time.

Members of a particular race tend to have bodies that are alike. Climate and nutrition seem to have much to do with this similarity in body structure. Such influences seem to be true because when diet and living conditions have been altered for a generation, changes were found in body build of the new generation.

To some extent, heredity determines the general bodily structure and the personality of an individual. However, good nutrition is necessary for maximum growth. Stunted growth is not the same as short stature and is accompanied by other

characteristics. Some indications of poor nutrition are malformation of bone structure, excessive thinness, strained facial expression, and sallow muddy skin.

Whole families may show by their appearance the kinds of foods they habitually eat at family meals. Some families show a tendency toward normal weight and a resistance to infection and disease; they have an attractive appearance and a pleasant disposition. In other families, most of the members are fat, and are known for their lassitude and lack of normal activity. For a person to say that he is what he is because his family is that way might be an easy way for him to explain his appearance and personality. His background may be a factor, but more likely the real explanation is that his whole family has practiced certain habits of eating over a period of years.

To be well fed and healthy, the family must have an adequate diet and a routine of good eating habits. The responsibility of seeing that their family receives such care lies with the father and mother. Family meals can either contribute to or hinder the health and success of family members.

Food does make a difference in the way you look and feel, but you must remember that other factors are also significant. All health practices are closely related and interdependent. A proper diet cannot function well without the sleep and exercise essential to the best use of food in the body.

Ideas for action

1 Sources for study

Amidon, E. P., Bradbury, D. E., and Drenckhahn, V. V. *Good Food and Nutrition*. John Wiley and Sons. New York.

Lewis, D. S., Peckham, G. C., and Hovey, H. S. *Family Meals and Hospitality*. The Macmillan Co. New York. Unit 1.

2 Conduct a class experiment with rats showing the effects of lack of protein and some other food nutrient.

3 Invite a qualified person to come to class to talk on deficiency diseases and symptoms of malnutrition.

- 4 Collect a list of snacks eaten by members of the class. Compare the food values of these snacks. Plan, prepare, and serve several kinds of nutritive snacks for late evening, after school, or after the game.
- 5 Plan, prepare, and serve a series of quick lunches at school. Evaluate these in terms of cost and nutritive value. Ask class members to make records of quick lunches which they will prepare from foods in the refrigerator at home. Discuss the lunches in class from the standpoint of their nutritional value.
- 6 Defend or prove false this statement: "An attractive and colorful meal is likely to be a well-balanced meal."
- 7 Plan a trip to a feed store or a pet shop to learn how an adequate diet is planned and prepared for animals.
- 8 Plan a skit showing

how to encourage a wide acceptance of foods in children; and how to encourage desirable attitudes in children toward certain foods.
- 9 Make a collection of advertisements on diet and foods. Evaluate them in class. Underline with red pencil any misleading or untrue statements you find in them.
- 10 Plan a class symposium on the general topic "Why serve balanced meals?" Speakers might select these individual topics:

Can we depend on vitamin concentrates for adequate nutrition?
Is it wise to skip meals?
Is appetite a key to food needs?
Is dieting dangerous?
- 11 Have the class keep a detailed record of the food eaten by each person for two days. When the records are complete, do the following things:
 - a Evaluate individually as to how well each class member met the Basic Four requirements.
 - b Plan new menus to include foods which may have been absent from each record.
 - c Plan, prepare, and serve some of the menus in class.
Compute the cost and evaluate the ease of preparation for a family meal.

- 12 Visit a grocery store. List ten "best buys" in food. Consider those foods that are highest in nutritive value for the least cost. Prepare some of these best buys by a method that will fit into family meals.
- 13 Ask your school nurse or doctor to assist in setting up a class clinic to suggest solutions of various problems through diet. Some of the problems of class members might be muddy or oily skin; skin blemishes; overweight or underweight; insomnia; lassitude; or mental depression.

How does our choice of food affect us?

Your mirror can tell you much about the effects of choice of food on your appearance. How you are accepted by others can tell you more. Some of the undesirable effects which may have resulted from a poor diet can be changed by improving your choice of food, but other effects can never be overcome. Any improvements in your diet that you make now will pay off in innumerable ways later. After you have finished this chapter, you might want to list some of these ways.

An adequate diet is essential for growth and maintenance. Proteins, vitamins, and minerals are body-building materials. You need these substances in order to reach your maximum growth and to maintain, repair, and rebuild your bone and tissue. Because they are dependent on each other, all three of these nutrients are essential for the proper functioning of any one of them.

Growth is a complex process. It is related to hereditary influence, to sex, and to age. It is related directly to every person's *growth potential*. This potential sets the point of growth which can be reached on an ideal diet. At this point, bones become mature and no longer grow. They are strong and fully developed.

This potential can be achieved only by having the right food over a long period of time. Maximum growth may be reached at an early age or deferred until later. Each individual seems to have his own pattern of growth which may be a little different from that of his friends.

Not all growth is visible. A person who has reached the age

DAILY MILK REQUIREMENTS AT ALL AGES

Prospective mother	1 quart
Infant	1 quart plus 1 pint
Teen-ager	1 quart
Middle years	1 pint
Late years	1 pint

of eighteen years may believe that he will no longer grow because he is as tall as can be reasonably expected. However, in less apparent ways, growth and development are still going on and will continue to do so for several years longer. Growth and development of glands, brain tissue, vital organs, teeth, and body functions go on over a long period.

An adequate diet is important even when maximum growth has been reached. The living body, whether active or inactive, is wearing itself out. It must be constantly maintained and rebuilt. For these reasons, most of the essential foods needed by an infant, even before birth, are actually indispensable throughout life. Milk, for example, is important in varying amounts throughout the full life cycle. (See the chart above.)

The constant need of the body for protein, minerals, and vitamins emphasizes the importance of eating regularly, regardless of appetite, hunger, or convenience. Why is it a poor health practice to skip breakfast or any other meal?

For its growth, maintenance, and repair, the body needs protein. Eggs, milk, cheese, fish, poultry, meat, peanut butter, soybeans, and most nuts all provide good-quality protein which contributes directly to growth. Other sources of protein of less quality may be used for the maintenance and repair of bone and tissue worn out by the normal processes of living. Sources valuable for these proteins are dried beans, vegetable proteins, and gelatin. If protein foods of poor quality are used with those of good quality, the value of the poor-quality proteins will be increased. For example, if peas or beans are served with



Kraft Foods Co.

*Here is a healthful dish—a crisp green salad.
What food elements does it contain?*

meat, the highest protein value will be received from the peas and beans.

Minerals and water are associated with proteins and are related specifically to growth and tissue repair. Rich deposits of minerals are found in liver, egg yolk, whole grains, green leaves, and dried beans.

Water is needed for many body functions. Perhaps its most significant work is carrying nutrients to all parts of the body. What are some other functions of water in the body? Should you drink water in addition to that which you obtain from your food?

Choice of food affects appearance and personality. Your dietary habits directly affect your appearance and personality and will continue to do so during your lifetime. The state of your health greatly affects the reactions you have to situations and to people. If you eat a balanced diet, you will most prob-

CAPTURING THE ELUSIVE VITAMIN C

Include in your diet every day one of these items or one-half of two or one-third of three.

$\frac{1}{2}$ cup orange juice

$\frac{1}{2}$ cup grapefruit

$\frac{1}{2}$ cup lemon juice or $\frac{1}{2}$ cup lime juice

1 cup tomato juice

$\frac{1}{2}$ cup raw cabbage

3 potatoes—

each 1" \times 2" \times 2", cooked in jackets

ably feel well and happy. If your diet is poor, your reactions may be just the opposite. For example, inadequate amounts of vitamins and minerals, with an overabundance of carbohydrates, will result in feelings of lassitude, lack of interest in others, feelings of depression, and even dull headache. In what other ways does diet affect feelings and behavior? How is appearance related to personality? How is diet related to appearance?

Appearance and personality are closely related to how you feel physically. Feelings of physical well-being are dependent upon the functioning and regulating processes of the body. The food nutrients which seem to be responsible for these bodily processes are primarily proteins, minerals, and vitamins. Sources rich in minerals are usually rich in vitamins. These foods include fruits, vegetables, liver, eggs, and whole grains. Vitamins C and D, however, are more difficult to include in the diet and so need special mention.

Vitamin C is difficult to include in the diet because it is so easily lost in storing and in cooking. It will evaporate in steam. It is destroyed by heat, even as low as room temperature. It is lost so easily through age that only raw and fresh sources are of value. Because it is lost through aging, raw and fresh foods are the best sources. Freezing will not destroy vitamin C, particularly when acid is present in the food.

Fortunately, acids in foods seem to protect vitamin C to some extent, so that we can depend upon citrus fruits, strawberries, and tomatoes as reliable sources. Cabbage is a rich source of vitamin C if it is eaten raw and if it is cut just before using it.

Enough vitamin C for one person for one day can be obtained from one-half cup of citrus fruit juice or one cup of tomato juice. Half the amount of these foods, plus a raw vegetable or fruit and a potato cooked in its jacket, are of equal value. The body needs vitamin C specifically for firm gums and sound teeth, for clear smooth skin, for firm blood vessels, and for a calm disposition.

Vitamin D is the sunshine vitamin. The ultraviolet rays in sunshine produce vitamin D by activating certain substances in the skin. The presence of vitamin D in food itself is dependent upon how much sunshine was involved in the production of the food and how much vitamin D is actually stored in it. For instance, hens having sufficient sunlight or vitamin D in their diets will produce eggs containing vitamin D. This vitamin can be added to food through a process called irradiation. To be assured of adequate amounts of vitamin D in the body, irradiated foods may be needed to supplement sunshine as well as foods which are a natural source of vitamin D.

Vitamin D is essential for building good body structure. Working with vitamins A and C, it helps to deposit calcium and phosphorus in the bones and teeth. What foods must be included in the diet to provide the nutrients necessary for good looks and a pleasing personality?

In some cases nutrients are lost through the commercial processing of foods. White bread is an example. The wheat used in the bread has had many of its nutrients removed in order to make the flour fine and white. Enrichment of the flour has overcome these losses to some extent, but much nutritive value still is lost. Another example is peanut butter, which at one time provided a rich source of vegetable fat and the B vitamins. Today, however, the process of hydrogenating peanut butter to prevent the separation of the oil may have robbed it of some of its nutritive value. In general, foods in their natural state are more valuable than processed foods.



Standard Oil Co. (N. J.)

*He doesn't have much pep for his schoolwork.
How could his diet be a cause for lack of energy?*

A diet must provide for energy needs. Energy needs of the body are measured in terms of calories. Used in this sense, a calorie is a unit of measurement based upon the amount of energy received from food. Energy need is an individual matter and is difficult to determine accurately. The body constantly requires energy, whether it is at rest or in an active state. When it is at rest, for example, the beating of the heart, breathing, circulation of the blood, or any other bodily activity demands a certain number of calories, or measures of energy.

Calories cannot be classed as a food nutrient, but everyone has a need for them. This need is computed from the amount of activity an individual undertakes each day, his sex, his age,

and his bodily structure. A child requires plenty of energy-producing foods, high in carbohydrates and fats, in order to supply the vast amount of energy needed for his normal activities. On the other hand, the grown person who engages in little activity requires much less of the energy-producing foods for his needs.

People with a large body build have a greater need for calories than those with a small build. Men usually require more than women. People who are large because they are obese require more calories per pound to maintain their weight. If they want to lose weight, they have to reduce the number of calories they consume. When more calories are eaten than are needed by the body, the excess is stored as fat. When necessary, the body can convert fat into energy.

Fat is essential because it plays a part in digestive processes. Then too, vitamin A, which helps the body to resist infection, is found in some fats. Foods high in fat content are cream, butter, fortified margarine, lard, oils, nuts, and cheese.

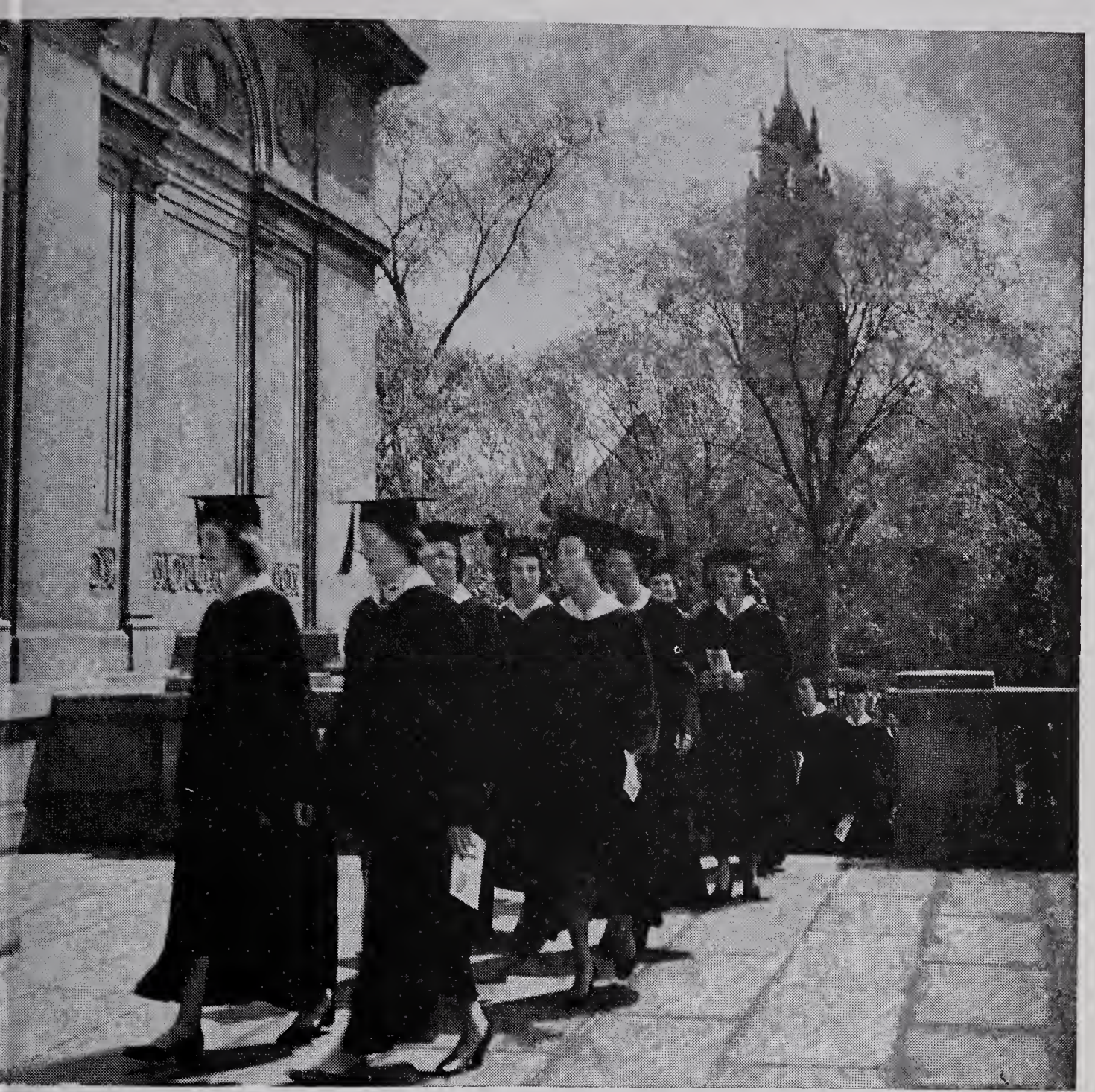
Carbohydrates (sugars and starches) are found in all sweet foods; in cereal products, including the macaroni products; in potatoes; and in dried peas and beans. Carbohydrates also are found in vegetables and fruits in varying amounts.

Cellulose is classed as a carbohydrate. Actually it is an indigestible substance, but it is needed by the body to stimulate intestinal action. It is found chiefly in the stems, leaves, and pods of vegetables and fruits.

Dietary needs vary with age. Dietary needs are much the same for all ages to the extent that the diet should contain sufficient protein, minerals, and vitamins for bodily maintenance, repair, and resistance to disease. However, the growth and energy requirements change radically from childhood through old age.

Young people require a high caloric content in their diet to provide the great amount of energy they expend. The teenager, for example, needs for maximum growth a diet rich in minerals, vitamins, and protein. At the same time, he must have enough of the energy-producing foods to allow for his high degree of activity during these years.

During the middle years and on into old age, the number of

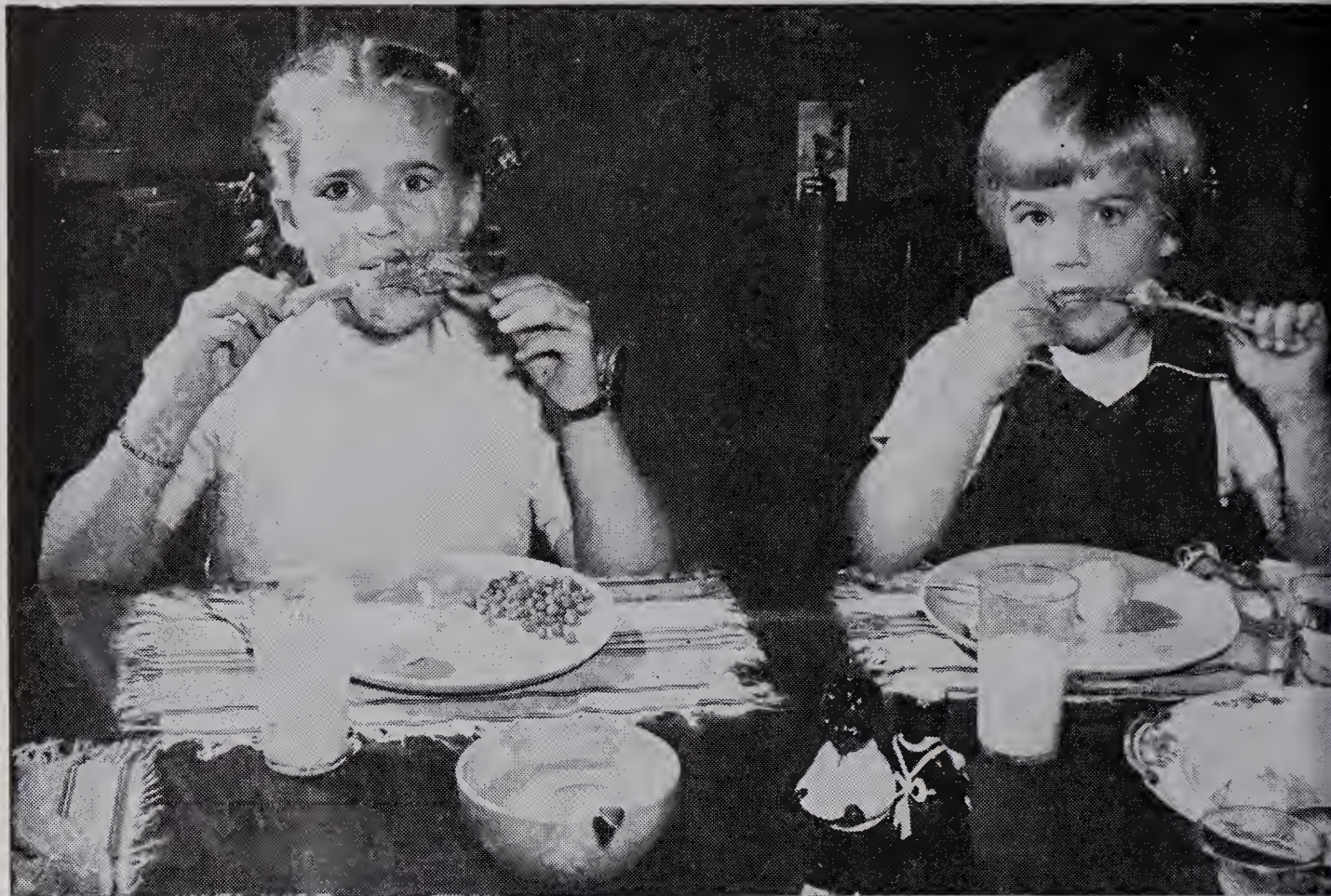


Du Pont Co.

Physical, mental, and emotional growth will continue in these young people for some time to come.

calories consumed must be cut down to avoid overweight and all of its undesirable effects.

Some scientists say that there is really no place in the diet, at any age, for rich foods and foods fried in fat. They point out that a child's digestive system is not fully enough developed to take care of these foods properly. During the teen years, rich foods are transformed too easily into skin blemishes, overweight, and lassitude. The middle years require low calorie foods to avoid overweight. During old age, the digestive system cannot handle rich foods comfortably. At any rate, throughout



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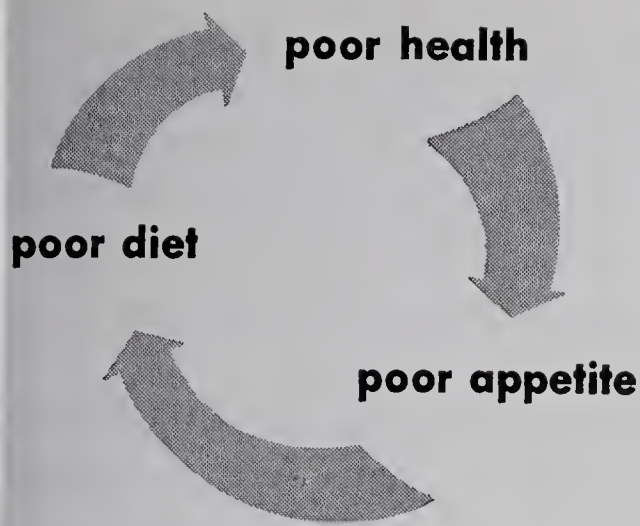
Habits which promote good nutrition are more easily established in childhood. These two youngsters are learning to avoid problems of poor nutrition in later life, though they need to learn more grown-up ways of eating.

life the emphasis should be placed on selecting a variety of foods for the diet or on controlling the number of calories taken in.

Dietary deficiencies eventually produce certain symptoms. A doctor can easily recognize the symptoms of hidden hunger or malnutrition in an individual. The lay person, too, can recognize definite signs. Lack of iodine may show up in goiter; lack of iron will result in a pale skin and a lack of strength. Lack of vitamin A is directly related to night blindness. Night blindness is the inability of the pupils of the eyes to contract quickly enough in a bright light. This condition has caused many traffic accidents.

Some specific deficiency diseases are connected with dietary inadequacy. Examples are scurvy, a skin disease resulting from lack of vitamin C; beriberi and pellagra, from lack of the vitamin-B complex; and rickets in children, from lack of vitamin D.

These are the readily detected symptoms, however. It is the less apparent results of day-to-day nutritional inadequacies that



This diagram shows the relation of poor diet to poor health and poor appetite

may mean that life is not lived to its fullest extent and enjoyment. Some people have been burdened with poor nutrition for so long that they do not know what it is to have pep, energy, and an optimistic outlook on life.

You cannot expect to live normally and not come into contact with disease germs. But sound dietary habits can build up bodily resistance so that you are not as susceptible to them. A well-fed person is in condition to throw off infections more easily and to do it in less time than a person who does not eat well. The effects of good diet on longevity, or length of life, are significant. When you develop good eating habits, you are laying the foundations for a long, healthy life.

How can wise food selection become a habit?

When you build an adequate diet, you must consider the amount of each nutrient needed. By this time you know about the Basic Seven plan for checking each day's diet for nutritional adequacy. Perhaps you would be interested in studying the Basic Four plan, another simple plan for insuring a balanced everyday diet. Essentially, this plan regroups the Basic Seven into a simpler form.

Building strong habits of good food selection is one way to consistently meet your dietary needs. A wise choice of food can, with practice, become almost second nature. Developing a real liking for fruits, for example, will lessen the desire for more concentrated sweets. On the other hand, it seems that the

more concentrated sweets we eat, the more sweets we want and the less we desire the foods containing higher nutritive value.

Increasing the number of foods with the most nutritive value is one way of crowding out those that are less desirable or that are actually harmful. If you often choose milk, fruits, and vegetables, you will not only want more of them but will also have less desire, or need, for cake, candies, and pastries.

The Basic Four is a simplified guide to a balanced diet. It is important to know the sources of the various food nutrients and the amount of each nutrient that is essential for good nutrition. But acquiring the knowledge and calculating the time required each day for planning meals would become time-consuming. Nutritionists have developed the Basic Four, a simple guide for checking the required daily food intake. Everyone needs the following foods every day:

Group 1 Four or more servings daily

Enriched or whole-grain bread, flour, cereals, and potato

Group 2 Two or more servings daily

Meat, poultry, fish, eggs, and legumes

Group 3 Two fruits and two vegetables daily

Fruits, including citrus

Vegetables, including green leafy and yellow

Group 4 Milk: children, 3–4 cups daily; adults, 2 or more cups daily

Cheese

Ice cream

Energy foods can be eaten in addition to the Basic Four foods, but not in place of them.

The Basic Four is a reliable guide to food selection. The kind of food you eat—not the amount, the time of day you eat it, or how it is served—makes the difference between good and poor nutrition. The Basic Four food plan, worked out by scientists, is one of the safest methods to use in assuring optimum nutrition. You cannot depend on appearance, feelings, hunger, or appetite as a guide to what to eat for adequate nutrition.

You may appear to be well fed, yet you may not be supplying yourself with the food nutrients you need. Often nutritive deficiencies appear only after long periods of time. For instance,

the teeth may not show the results of poor diet for many months, although the harm has been done. In some cases, however, nutritive deficiencies appear very quickly. This is especially true of the skin, which usually shows early symptoms of malnutrition.

Experiments have been performed on humans to see whether appetite and food desires are reliable guides to good nutrition. It has been found that appetite is an extremely poor guide as to what the body needs in the way of specific foods.

Perhaps you can more easily understand this when you consider how many factors affect appetite. Individual emotional reactions to food is one. The physical state of the individual at the time food is served is another. Poor diet over a period of time may actually decrease appetite, setting up a vicious circle: poor health means poor appetite; poor appetite means poor diet; and so around the circle. The appearance, odor, and temperature of food, and many other factors also affect appetite.

Cravings for certain foods have sometimes been considered reliable bodily expressions of particular needs. Nutritionists tell us, however, that cravings are created by not eating certain kinds of foods we are used to eating. For example, the child who is used to having a great amount of sugar in his diet will crave sweet foods if he no longer has large amounts of sugar in his diet. Likewise, the person who is used to a great amount of starchy foods will crave starches if they have been removed from his diet.

Your emotional needs and reactions affect your appetite. Eating foods that you especially like is one way of being compensated for disappointment, worry, or social inadequacy. Having a need for more social acceptance may lead to overeating and, therefore, to overweight. At the other extreme, this lack of social adequacy may set up emotional reactions that decrease appetite and consequently lead to underweight.

Learn to evaluate and to judge intelligently all sources of information about foods. Today we are all aware of the bombardment of food advertising. Some commercial companies resort to misleading information, half-truths, and implications in

order to increase their sales of certain foods. For example, they may overemphasize the importance of caloric value in food instead of describing its nutritive value. On the other hand, much good material on food is being developed by some commercial firms. How can you learn to judge the value of information published about foods?

Some processed foods have little nutritive value. We cannot depend on food supplements such as vitamin and mineral concentrates for an adequate diet. Perhaps you have heard stories about the future when people, instead of eating foods, might take pills to supply their nutritional needs. This is not possible at present. In the first place, the cost of such substances would make them too expensive for most families. Then, too, scientists believe that there are many more important food substances than are known at present.

Actually, few concentrates of substances are available compared to the number of food substances that are needed in the body. A wide variety of foods is required to meet bodily needs for growth, maintenance, tissue repair, and resistance to infection and disease. Eating only one, two, or just a few foods will not provide adequate nutrition. Variety is the real key to adequate diet. How can we avoid taking vitamin concentrates?

A variety of foods is essential for an adequate diet. Since eating a variety of foods is so important to good nutrition, learning to accept them is obviously highly desirable.

Food likes and dislikes originate from many different sources. You may dislike a food because it was poorly prepared the first time you tasted it. Or perhaps the texture of the food was strange to you. Some people develop a dislike for a particular food in order to be more like a person they admire. For example, if a father refuses to eat beets, his young son may grow to dislike them so that he may be more like his father. Whatever the causes for disliking certain foods, everyone can learn to accept many different foods.

Developing a wide acceptance of foods is not difficult. It is worthwhile from a social standpoint, as well as from a health standpoint, since no one is a welcome dinner guest who shows distaste for the food served. Parents with well-developed tastes



Money Management Institute of Household Finance Corporation

When a well-balanced meal is served attractively, it is easy to accept all foods. Vegetables and fruits add color and interest to meals.

for many foods will see to it that a variety of foods is offered to their family.

A taste for a specific food can be acquired by tasting it often in small quantities. Using a less well-liked food in combination with a favorite food or preparing it in different ways may help you to learn to like it.

Some people have overcome specific food dislikes by thinking through the reasons that they believe may have caused them. Choose one food dislike which you have developed and investigate the reasons that may have caused it. Of what food nutrients are you depriving yourself by indulging in this particular food dislike? What foods of equal nutritive value might you substitute?

Variety in meals stimulates the appetite. Using foods of a variety of colors is one key to balancing the diet. If you select colorful foods for your meals, you will find you have also

selected a variety of foods. However, planning a variety in color is not the only factor in planning meals. Heavier, less-colorful foods, such as liver, whole cereals, and potatoes, are needed in addition to the colorful fruits and vegetables.

Instead of serving one particular food frequently, serve different kinds of foods with a like color, texture, and nutritive value. For example, lettuce, because of its high nutritive value, is used frequently. Perhaps you have caught yourself leaving it on your plate, although you may be fully aware of its value. What foods could be substituted for lettuce as a salad base which would have equal nutritive value?

Constant practice develops good food habits. You may have noticed that the members of one family tend to be overweight and those of another family tend to be underweight. Taking into consideration the food-selection habits and the inherited tendencies of these families, how would you account for this?

Good food habits can be established in childhood by learning to want and to like the foods best for health. As teen-agers, however, you can develop good habits through thought and practice. Here are some suggested ways of making good food selection an automatic procedure:

- 1 Eat the "good-for-you" foods often enough to learn to want them and like them.
- 2 Eat at regular hours so that you are hungry at mealtimes. You will enjoy your regular meals and will be better satisfied by them.
- 3 Make a check every day at a regular time (perhaps as you are brushing your teeth) as to whether you have fulfilled the Basic Four plan for that day.
- 4 Build an interest in new and different foods. It can be fun to experience new tastes and flavors. Remember, people who know about and accept many kinds of foods are more socially successful.
- 5 Start eating small portions of the foods you dislike. You will be amazed at how quickly you can grow to like many of them.
- 6 You might find this psychological trick successful. When you look at a food, think of its value. Ask yourself how it will affect your appearance, your disposition, your popularity,

even your smile. You will be surprised to discover how unappetizing a hot fudge sundae can look when you consider the possibility of its passing on to you skin blemishes, extra weight, and a stodgy personality. It can lose its appeal when you consider that it could prevent your being able to eat a balanced meal which would have highly beneficial effects on you and how you look and act.

- 7 Do not eat more than you really want, even of foods you like very much.
- 8 Check your weight regularly. Eat more foods high in calories if you are losing weight. If you are gaining weight, eat foods containing less calories. You will develop eating habits that will keep your weight steady over a period of time.
- 9 Do not worry if you occasionally fail to live up to nutritional standards. If your regular dietary choices are habitually correct, an occasional change will do little or no harm. Your good eating habits will overshadow a few poor food choices.

Habits can be built only through thought and practice over an extended period of time. How can you develop strong habits of choosing food wisely?

Certain conditions promote the best use of food in the body.

The value of food depends upon how well it is used in the body. If some nutrients are deficient, other nutrients cannot be used. For example, a deficiency of vitamin D may mean that the body is unable to use calcium in building bones and teeth.

Eating while you are relaxed is important if food is to be used to the best advantage. Eating in pleasant surroundings—free of excess noise, excitement, emotional tension, and worry—helps to promote digestion and absorption of food. For example, you will feel much better if you take time to enjoy your breakfast instead of eating it hurriedly with one eye on the clock.

What other factors affect food selection?

In planning a balanced diet, you must consider the factors related to the needs of a particular family or individual. Families vary in how much they can spend for food and in how much they are willing to spend. The Browns may want to serve expensive cuts of meat because they do not place as high a value on money to be used for furnishings or clothing. On the other

hand, the Smiths may be willing to eat less-expensive foods in order to have more money to spend on these other items.

At times it may be necessary to consider the needs of certain family members who are not maintaining normal weight. Perhaps an individual is sensitive to a particular food. Careful thought must go into allowing for these factors when planning meals.

The ability to recognize food fads and fallacies is also important to family well-being. Varying meals to include fads in diet or planning menus by using inaccurate information are not wise policies.

A balanced diet requires the careful management of food money. Two chief causes for malnutrition are lack of understanding of good nutrition and lack of money. Unfortunately, the protective foods (those high in nutritive value) are likely to be more expensive than breads, cereals, macaroni, rice, and other foods high in starch and sugar. Some homemakers believe it is more important to fill the stomachs of their families than to try to meet their actual dietary needs.

To feed a family adequately from all health standpoints on a limited amount of money requires a great deal of thoughtful planning, use of scientific information, effort, and practice. However, accepting the challenge to do a good job of meeting dietary needs on a limited budget may mean, not only a healthier and happier family, but a savings in money in the long run. The results of poor diet can be costly. Many things—loss of income from sick leave, medical bills, expensive remedial dietary measures—may be the result of unwise food selection.

If you enjoy real bargains, if you like to get the most for your money, you will particularly appreciate bargains in food. Good buys in food are judged in terms of the amount of nutritive value you can obtain for the least money. Many foods are truly bargains compared with others that are expensive because of the small amount of real food value they provide.

Seasonal foods are usually good buys, for when the supply of a product is plentiful, its cost is likely to be lower. You will study later some other factors helpful in wise food buying. However, from the standpoint of nutrition, here is a list of foods par-

ticularly rich in nutrients which would be good buys at almost any cost. Using the following list of foods as a basis, plan a day's menus made up of foods that are high in nutritive value and low in cost.

milk	whole-grain bread and cereal
liver	dried beans
rolled oats	rutabagas
fresh carrots	Hubbard squash
potatoes, both white and sweet	

Name some foods which you consider poor bargains for the money considering their nutritive value.

A diet for the overweight or underweight person requires careful planning. Overweight or underweight may result from poor eating habits or, in a few cases, may be caused by glandular malfunctioning. Three-fourths of the people who are overweight or underweight are that way because of the kinds and amounts of food they have eaten rather than because of a glandular condition.

Fortunately for the overweight, usually the foods that are the highest in nutritive substances are the lowest in fattening qualities. The foods most needed by the body (the protective foods) are frequently low in calories compared with less valuable foods. Vegetables and fruits, for example, so high in vitamin and mineral content, are low in fat and carbohydrates.

This poses a problem for the underweight, since they must eat enough of the protective foods and at the same time increase their intake of foods rich in carbohydrates and fats. This is sometimes difficult to do, for often the appetite of the underweight person is less than in a normal person. Steps must first be taken to increase appetite. One solution is to eat more often and to eat more foods of a concentrated caloric value, so that large amounts of food are not required. What are some ways of increasing appetite?

No scientific research has proved to any extent just how much each individual should weigh. A person's weight is affected by variations in the size and weight of the bone structure and in the amount of energy expended. Everyone needs some fat to

protect his vital organs and nerves, but excess weight is a burden on his heart and circulatory system. Charts are available which show the average weight according to the height devised for each age group. These charts are not always accurate guides, since the bone structure of an individual is a significant factor. But the charts are helpful for checking weight.

The dangers of reducing weight are many. The importance of having a doctor supervise a diet to be used for loss of a great amount of weight cannot be minimized. An individual cannot restrict himself safely to a self-devised plan for dieting. The high-protein diets so popular at present, for example, may work very well if they are carefully planned for nutritional adequacy and are supervised by a doctor. They are expensive, however, and must be accompanied by a retraining in better food habits. The safest way to avoid overweight is to eat less of the high-calorie foods and to develop good, sound eating habits.

Sometimes special planning must be made for food allergies. Some people are sensitive to certain kinds of food. This sensitivity is called food allergy. Usually an allergy is detected early in life at the time the infant is first introduced to various new foods. Sometimes, as a person grows up, sensitivity to a certain food will disappear. If an allergy to a particular food is discovered, it might be necessary to omit it from the diet. However, a food of similar nutritional value should be substituted for it.

Fallacies and fads in foods should be critically examined. Some beliefs about foods do not have a scientific foundation. Most of these fallacies are easily recognized as untrue, but some of them require more thought. Here are a few of these food fallacies:

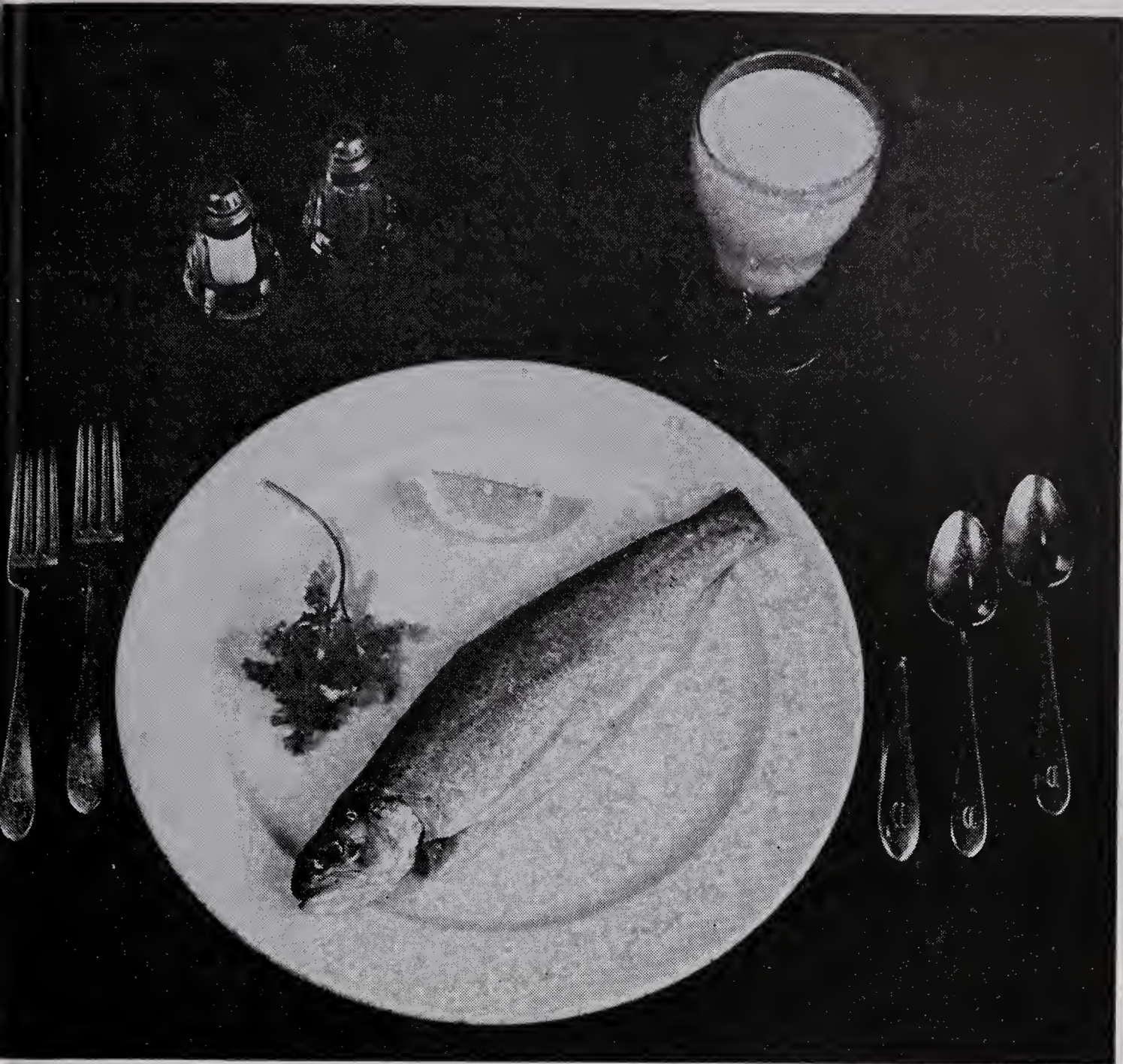
Fish is a brain food.

Eating crusts of bread makes curly hair.

Milk is a food for babies and not adults.

We should never eat when we have no appetite.

The first two are similar to some other fallacies, such as, carrots make your hair curly, and peaches give you a good complexion. To assign a food to benefit particularly one part



Du Pont Co.

The legend that milk may not be eaten with fish, cherries, or tomatoes is not supported by the facts now known about nutrition.

of the body is not possible. The nutritive value of food is absorbed into the blood stream and is carried to all parts of the body. From your present knowledge of nutrition, how could you disprove the last two fallacies?

As time goes on, various fads or fashions in food gain attention. They should be critically examined before they are adopted. One factor that creates fads in foods is the manufacturer's desire to make money quickly. Some of these fads are harmless; others are not. At one time, for example, many people tried the banana and milk diet for reducing. At first



National Dairy Council

Milk is necessary in the teen-age diet. By making your own milkshakes at home after school, you can help yourself avoid harmful food fads.

thought, this would seem to be a good diet, since each of these foods supplements the other. However, the diet eliminates the variety in foods that is so important for good nutrition.

Another example of a food fashion is the extensive amount of carbonated beverages that are being purchased. Because of the gigantic advertising campaigns, easy accessibility, and fashion, many people are now drinking one to several glasses of such beverages every day. When you consider the amount of sugar in a carbonated beverage, you can realize the effects of such a habit on the teeth and on maintenance of normal weight. In addition, the use of carbonated beverages is certain to lessen the amount of milk consumed. Why would it be wiser to substitute milk and fruit juices for carbonated beverages?

Chapter checkup

1 Write down the Basic Four food group or groups which would most nearly supply the following food nutrients in the diet:

carbohydrates	vitamin C
fats	vitamins A and B
complete protein	calcium and phosphorous
water	iron

2 Choose the false statements from the list below, and suggest ways to correct them so they become true statements.

- a** Milk is essential in the diet throughout the life cycle.
- b** Liver is a good buy because of its nutritional value.
- c** Vegetables and fruits are usually high in calories.
- d** Soybeans are an example of good-quality protein.
- e** Macaroni, rice, and flour are high-protein foods.
- f** Vitamin C is strengthened by storage.
- g** An actress should eat a hearty meal before her performance on opening night.
- h** Appetite is a poor guide to meeting nutritional needs.
- i** Everyone needs vitamin pills.
- j** Protein is essential to the diet even after full body growth has been reached.
- k** Food nutrients work interdependently in the body.
- l** Good looks are largely dependent upon good diet.
- m** Dietary deficiencies are likely to be found in all family members if one member has them.
- n** Irradiated foods are foods that have had iodine added to them.
- o** A calorie is a nutrient in our food.
- p** One cause for malnutrition is lack of money.
- q** Seasonal foods are usually the best buys.
- r** Wide acceptance of foods is important to a good diet.
- s** Overeating is sometimes an attempt to fulfill an emotional need.
- t** An allergy to a particular food may require careful substitution of a food of equal nutritive value.
- u** Occasional lapses in eating the right foods can be harmless if well-balanced meals are eaten regularly the rest of the time.
- v** The atmosphere or mood of the place where one eats has no real effect on digestion.
- w** Most food fads have scientific foundation.
- x** Most of the time, the only cause of overweight is overeating.

- 3 Plan two menus for your family using foods low in cost but high in nutritive value.
- 4 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

calorie

deficiency disease

fad

fallacy

potential growth

processed foods



Chapter forecast

Chapter 7

Why is it important to know how to purchase and prepare foods? How can food costs be kept down?

Du Pont Co.



Why do homemade desserts often provide better money value than those that are purchased ready to eat?

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How much time and effort are involved in purchasing and preparing foods, setting the table, and serving the food for a simple, picnic-style meal in the back yard?

Robert E. Coates

Chapter 7

Food costs affect family well-being

A good cook will know how much it cost her to prepare the food for her family's evening meal. Food costs include not only the money spent but also the time and labor. Even in the United States, with its many labor-saving devices, the homemaker spends more time and effort in feeding the family than in any other home activity. More money is spent on food than on any other item in the budget of the average-income family. Therefore, the purchase and preparation of food require the best possible management in order to prevent a waste of time and foodstuffs.

Homemakers who work outside the home are especially interested in ways of saving time and labor. The time saved in preparing the evening meal may be worth more than the money involved in buying labor-saving equipment and prepared foods. Many young couples prefer to eat at home, but go out to dinner

every night because they do not know how to buy, serve, and clear away an evening meal quickly and easily. They do not realize that eating out usually costs at least twice as much as a meal at home. High business costs and the profit that restaurants must realize add to the cost of meals eaten out. In addition, no food is left over from the meals to help lessen the cost of future meals.

Labor costs of food, therefore, include the amount of time spent on meal preparation and the effort involved. If time and effort are used to good advantage, value for labor is obtained. The money cost of food is governed by choice and skill in buying what is needed for health and enjoyment. Ability to prepare the food palatably and efficiently avoids waste.

Planning the economical use of labor and money for meals is good business practice for everybody. If saving money is most important, an extra expenditure of time and labor may help the situation. If saving time and effort is most important, an extra expenditure of money may be the answer. No one can tell a family how much to spend; only the family members themselves have this information. But it is up to each person to get the most for his money and effort.

Ideas for action

1 Sources for study

Fitzsimmons, C., and White, N. *Management for You*. J. B. Lippincott Co. Chicago. Chapters 6 and 7.

Lewis, D. S., Peckham, G. C., and Hovey, H. S. *Family Meals and Hospitality*. The Macmillan Co. New York. Unit III, Parts 1 and 3.

2 Divide the class into groups. Have each group plan, prepare, and serve a meal suitable for a particular family. Each group may show how they might choose a menu that will cost the least time and money.

3 Have groups give class demonstrations of the preparation of various foods showing ways of economizing on labor and

money. These foods might include biscuits, mashed potatoes, and a one-egg cake.

- 4 Plan a panel discussion by class members on "Buying food for a family." Bring out the important principles governing expenditures.
- 5 As a class project, record monthly the prices of certain fruits and vegetables over a period of time. Use this chart in a bulletin board display of monthly "good buys."
- 6 Make a check list of timesaving practices concerned with buying food.
- 7 Plan and show an exhibit of packaged foods of different sizes showing their comparative values. For example, list the weights of different-sized packages of gingersnaps and compare the prices of the packages per pound. Then examine the labels carefully to see if you can determine the reasons for any differences in price. Prepare and serve these packaged foods. Compare flavor, texture, and time for preparation.
- 8 Arrange with the teacher of agriculture in your school, with your county agricultural extension agent, or with an experienced friend for help in calculating the cost of vegetables grown in the garden compared with raw, frozen, or canned vegetables purchased from the store. Do not forget to calculate the cost of time and labor involved. Demonstrate the results by chart or bulletin board display.
- 9 Defend or prove false this statement: It is always cheaper for a family to raise its own food.
- 10 For group projects in class:
 - a Prepare different meals of similar nutritive value at low, medium, and high cost.
 - b Prepare different meals at the table using various types of electrical equipment.
 - c Prepare and serve low-cost meats in a variety of ways.

What does food cost in time and effort?


Studies show that homemakers in cities spend about one-fourth of their working day in jobs concerned with food preparation. Rural homemakers spend even more time—about one-third of their working day—in buying and preparing food and in wash-

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For many families, one-third of their paycheck is spent for food.

ing dishes. In general, if this time and effort is reduced, the money costs go up. Because money costs are high (a recent survey reported that an average of 30 per cent of the income is spent on food), very careful planning is needed to be sure that money, labor, and time are not wasted.

The value of labor depends upon how much it would be worth if it were used in other activities. When a family has a surplus of family labor with little opportunity for any member to earn money, it would be worthwhile for them to raise some of their food and use raw materials to prepare it. An added advantage is that families producing their own food tend to be better fed than those who do not.

If time and labor are to be spent upon the home production of food, the work must be done carefully. Baking attractive, appetizing cakes at home requires intelligence and skill. Raising vegetables with a yield good enough to justify the time and energy spent requires planning and knowledge.

When jobs outside the home cause a shortage of family labor, using timesaving prepared or semiprepared foods will provide the best use of available money.

Vegetables of high nutritive value are the best choice for the home garden just as they are always the best buy in the grocery



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Raising vegetables in a home garden can save money if the yield is good enough to justify the time and effort involved.

store. Squash, cabbage, carrots, and tomatoes are good choices if saving on labor is the primary objective. Corn, celery, and cucumbers can be raised to provide variety, but they do not represent an economical use of labor.

Simplified menus save time and effort. The time spent in marketing can be cut down by planning ahead. If possible, buy at one time all staple foods and as many perishable foods as will keep well.

Attractive menus using few foods can be planned to suit all family members. Different family members usually do not need separate menus. For example, here is a typical dinner menu

for the Jones family—Mr. and Mrs. Jones, Grandfather Jones, Bobby, aged six, and Susie, aged two:

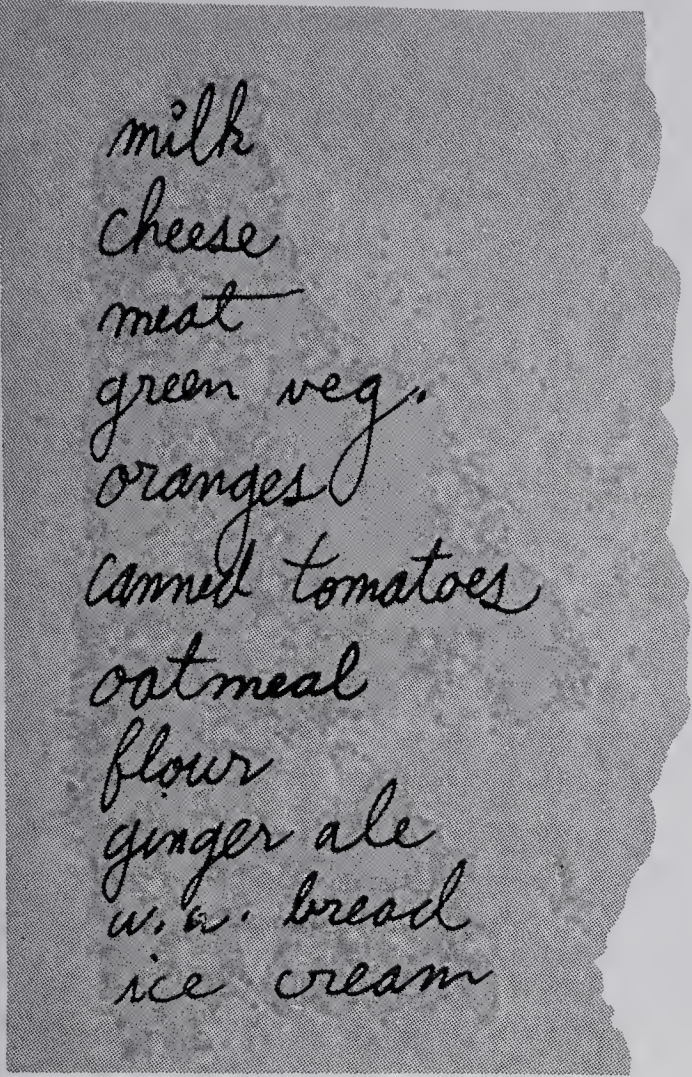
Tomato juice
Pot roast of beef
Carrots, potatoes, and onions
Raw celery
Apple crisp
Milk

By planning pot roast of beef and apple crisp for the same meal, Mrs. Jones can make good use of the oven and save the money she would have to spend on an expensive cut for a regular roast. The carrots and onions may be put in the casserole to cook with the beef, and the potatoes may be baked in their jackets. She will be able to serve cold any leftover pot roast or use it in sandwiches for Mr. Jones's lunchbox. The entire family can enjoy the meal.

Since many small families find it difficult to use a whole package of perishable food at one time, they use half a package of frozen vegetables or meat on alternate days. Some stores now sell small packages at a slightly higher price. The young Richardsons like frozen filets of fish but cannot use a full package at one meal. They solved their problem by cooking all of it at one time and saving what is not eaten to use later in fish salad or fish croquettes.

A marketing plan saves time and effort. Have you ever waited in a store while someone was making up his mind what to buy? Have you noticed the amount of time he wasted and the size of his bill when he finished buying? Have you compared the time you have taken to shop when a store is busy with the time you have taken during its slack period?

Careful shopping usually results in a better quality of food for family meals. Whether you order by telephone, push a cart around a supermarket, or buy at an independent store, making a list is important. Keep a check on your supply of staples so that replenishments are placed on your list before your supplies run out. You may have to make minor changes in your list, but it will save time, steps, and mental wear and tear.



milk
cheese
meat
green veg.
oranges
canned tomatoes
oatmeal
flour
ginger ale
w. a. bread
ice cream

Planning ahead saves time and money. Write down a list of the things you need from the store—then you won't forget.

Generally speaking, the quietest times in a store are early in the week and early in the morning or afternoon. Buying in large quantities once was thought to be good planning, and that is still true if sufficient storage space is available; however, many modern homes and apartments have limited storage space and food must be bought in small quantities. Try to purchase at least two days' supply of perishable food at one time and to buy staples once a week.

Simple methods, correct tools, and efficient working procedures save time and effort. The modern trend toward simplicity in recipe construction and food-preparation methods involves constant research with food products. Modern discoveries in the manufacture of shortenings, for example, have made possible the "one-bowl" cake method. The work of home economists in the food industry has brought forth many other suggestions for simple methods of preparing foods.



Better Homes and Gardens

This attractive arrangement of fried chicken and potato salad took time and skill to prepare. How could these foods be prepared more simply?

Where it is possible, prepare large quantities of food which can be used for more than one meal. Many people prepare dry mixes to use for piecrust, biscuits, and cakes. These mixes are convenient and are more economical than commercial, ready-made ones.

If the size of the family and the amount of food raised are large enough to warrant the purchase of a freezer, then a variety of cooked foods can be prepared at one time and stored for future use. A real saving of time and labor is effected, but the money cost is high.

Very few tools are needed for food preparation, provided each tool has a definite purpose. Starting with a minimum number of tools, then adding them as they are needed, is probably the most



U. S. D. A. photo

This photo shows a selection of pans for range-top and oven use. Careful choice of utensils saves money and gives more chance of success.

satisfactory way to acquire them. Consider the use for which new equipment is intended and the care required to keep it in good condition. A lack of storage space can make some tools an inconvenience, particularly if they are used infrequently.

The arrangement of kitchen space has much to do with the



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The arrangement of space in the kitchen should be carefully planned to save time and effort.

way in which equipment will be used. Any kitchen, no matter how awkwardly it is arranged, can usually be improved by careful planning of the work space. Supplies, tools, and utensils should be located near the place where they are used most often. If possible, the refrigerator, sink, stove, and work surfaces should be fairly close together.

Some homes are arranged so that meals can be served easily and conveniently in the living room, with the person preparing the meals close enough to be a part of the family group. In other homes, the kitchen is large enough for meals to be both cooked and served there. Sometimes a kitchen is no larger than a closet. Whatever its size and equipment, a kitchen can usually be arranged to provide the maximum enjoyment and efficiency for the worker.

When Bill and Mary started housekeeping, their kitchen was extremely inconvenient, but they did not want to spend much money on remodeling. Since both could do simple carpentry work, they made shelves to increase their storage and working space and hung a peg board on one wall to hold their most-used utensils.

Simple service means easy clean-up and a saving of time and effort. Meals are becoming increasingly more simple and informal. Labor-saving equipment is being used more and more for preparing food—at the table and in the kitchen—and for washing dishes. The hostess can spend more of her time with her



One way to save steps is to use a wheeled cart when serving food or when removing dishes from the table.

guests instead of dividing it between the guests and the kitchen.

By arranging a space near the range for dishing up food and by locating the dining area as near the kitchen as possible, many steps are saved. Using service plates and a wheeled cart saves both dishwashing and steps. Allowing washed dishes to drain rather than drying them will also save time and labor. The best way to avoid fatigue and to save time is for all family members to share in the meal service and clean-up. If everyone has his own job to do, the work will be finished quickly and no one will feel he has an unfair burden.

What does food cost in money?

Food is the most expensive item in most budgets. Since a protective diet containing sufficient meat, milk, fruits, and vegetables cannot always be obtained cheaply, it is necessary to know how to use available money to the best advantage.

In many families where not much is known about food purchasing, the members may not be getting full and proper nourishment from their diet. Families living on little money are likely to buy more nonprotective foods because they are cheaper and apparently satisfy hunger, although they really do not. A safe practice is to make sure that the cheaper "filling" foods are chosen as much as possible from the protective list. For example, rolled oats, potatoes, and dried fruits could be used to replace flour and sugar.

Spending food money wisely brings satisfaction. Spending money wisely for food results in health and well-being. The amount of money spent on food will depend on several factors. A large family, for example, will have a high food bill, but it is likely to be less per person than the food bill of a small family where there are more adults than children.

A small family with several wage earners may spend a lot of money on food if they buy much of it ready prepared and if they eat out frequently. Eating out usually costs twice the price of a meal at home because of the cost of labor and other overhead expenses.

The cost of food for special diets is usually high. Families who do not raise any of their food usually have higher food bills than

those who have a vegetable garden. Even in good times in this country not all incomes are high enough for every family to eat well. Very often, too, the larger families have the lower incomes.

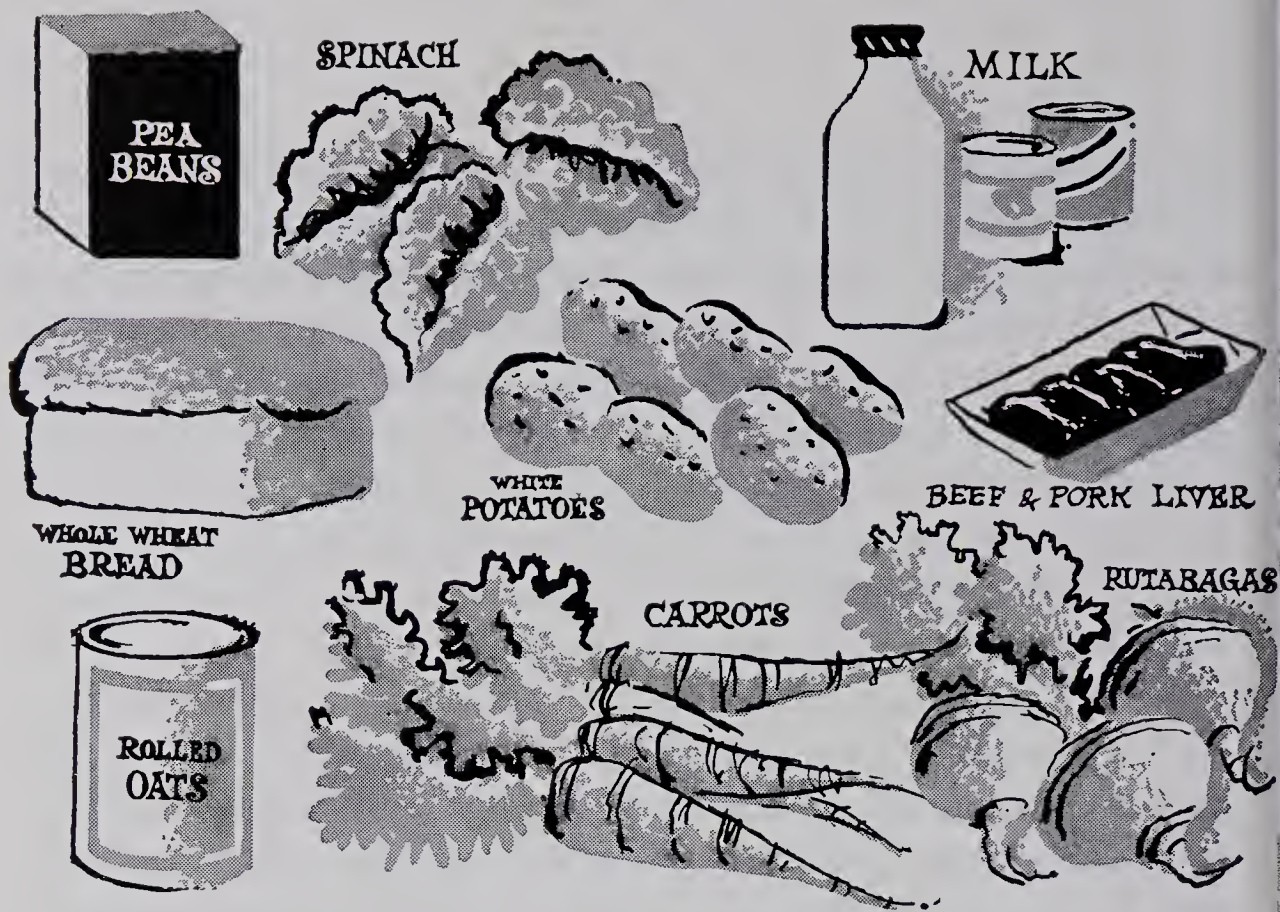
The United States Bureau of Human Nutrition and Home Economics has published a bulletin called *Family Fare*, which contains a list to be used as a guide to buying the quantities and kinds of food for a family. This list shows how protective foods play an important part in family nutrition. It compares the purchases of different families and shows how to get greater nutritive value for the money spent.

Food expenditures can also be checked by comparing costs with the monthly price index announced regularly in the newspapers and on the radio. Each month the Bureau of Labor Statistics collects prices on a standard market basket of food based on purchases by moderate-income families in 34 selected cities. Knowledge that an individual food bill is varying from the national average may not be a satisfaction if both are steadily rising. But such price lists give families a comparison by which to check the amount of money they are spending for food.

The best food choices are those that bring the maximum satisfaction for the least cost while conserving the family's health. The food bill can be controlled to some extent by taking advantage of seasonal foods which the family enjoys and can afford.

The form in which foods are sold has an influence on what you should buy. For example, two different kinds of cheese—American “store cheese” and imported Dutch cheese—may vary greatly in price, yet contain much the same food value. Frozen french-fried potatoes cost more than potatoes to be baked in their jackets and are of less nutritive value. Some families are willing to pay the higher price for personal preference. If food costs must be kept at a minimum, however, the rule to follow is to obtain the most food value at the lowest price.

The greatest saving in food costs can come from using (a) unprepared cereals rather than prepared ones, (b) potatoes in generous quantities, (c) inexpensive table and cooking fats, and (d) a minimum of ready-prepared desserts, salad dressings, condiments, and relishes. Remember that with the exception of



These are low-cost foods that contain high food value.

potatoes, staple low-cost foods are likely to be low in vitamin C. Even if real economy is necessary, special care must be taken to avoid deficiency in this vitamin.

Consumer knowledge helps to keep food costs low. Federal, state, and municipal regulations are designed to help families get the most food value for their money. Standardized foods have their content defined by government regulation. These foods include canned fruits and vegetables, jellies, jams, common cheeses, cream, milk, egg products, and flours. The label on a can of tomatoes will show whether they are whole, handpacked, and have other vegetables added for flavoring. This labeling makes it easy to choose the type of tomatoes wanted. It also prevents the manufacturer from mixing in cheaper ingredients without the consumer's knowledge.

Unstandardized foods are those for which no standard definition has been made. However, the contents must be labeled with its usual name or, if more than one ingredient are included, with the names of all ingredients. Examples are flavorings, spices, and food colorings. For special uses, unstandardized foods may be good buys. Vegetables for soups or fruits for pie filling are examples. Special foods, such as baby foods and

Read THE label



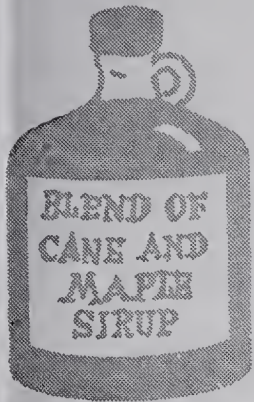
Is it?



or?



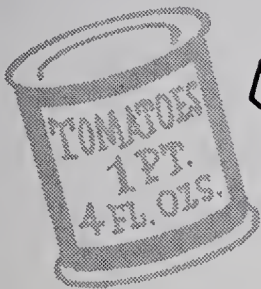
The food label must not use the name of another food.



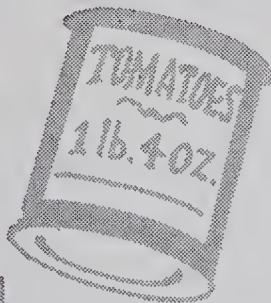
**is not
to be
labeled**



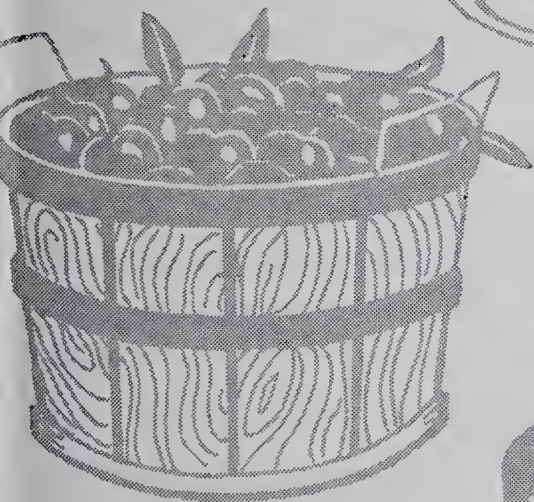
The label must not be false or misleading. The common or usual name of the food must be stated.



no



yes



The net contents must be stated. Common units of weight, measure, and content must be used.

dietetic foods, must have listed on the labels full information as to their contents.

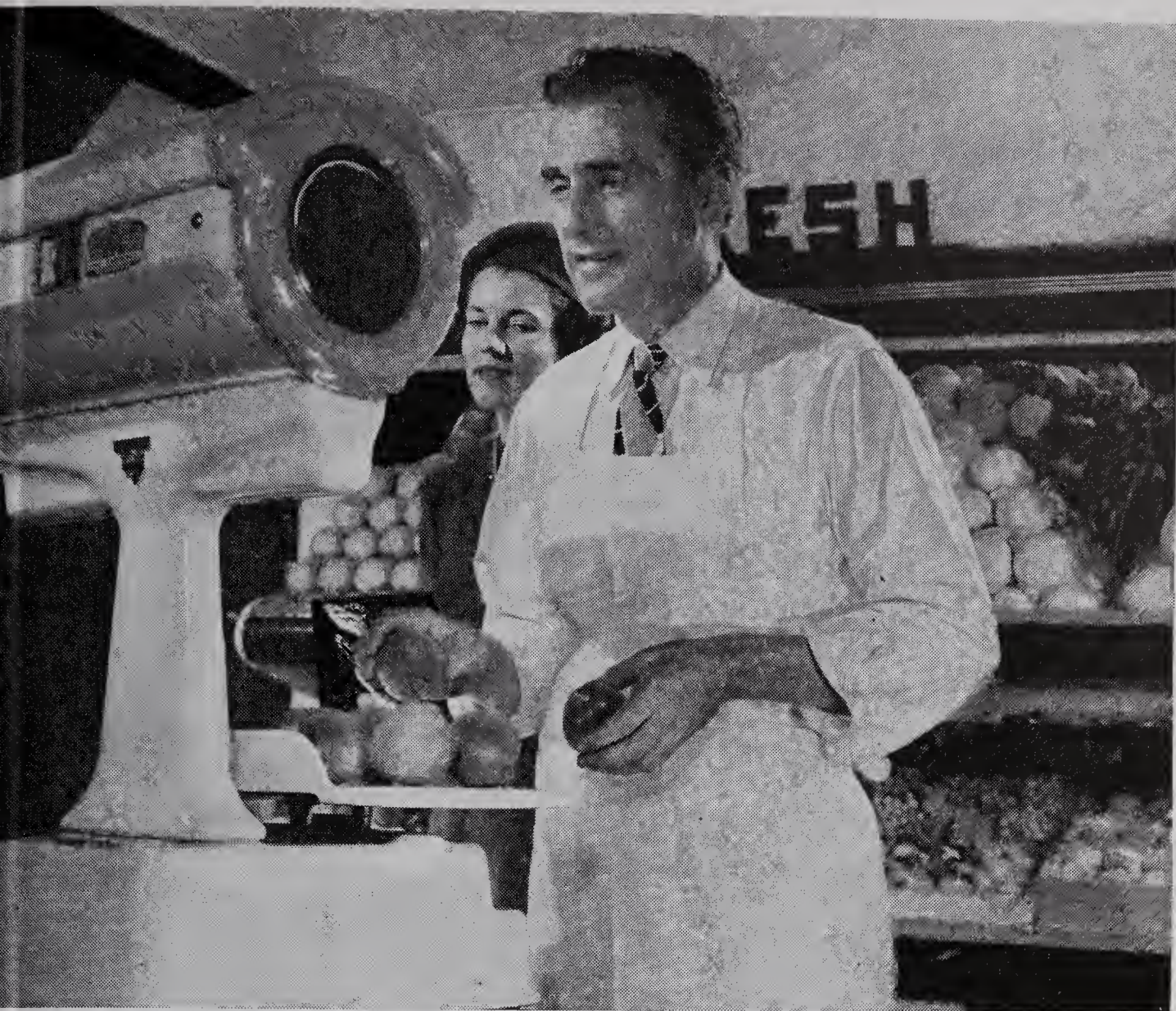
It is important to remember that federal regulations do not cover foods produced and sold within a state. Legal aids to help consumers identify local goods depend upon laws within that particular state. Many states have the same regulations as the federal authority, for it is obviously in the interests of both consumer and producer to identify foods clearly. In general, voluntary statements made on a label by the manufacturer as to the nature of the food are reliable guides to consumers.

Advertising can be a source of information about the identity of foods. When advertising is sent through the United States mail, its truthfulness is subject to federal jurisdiction. Radio advertising must be truthful if information is being broadcast over more than one state. However, much misleading information is spread through advertising. Facts may not be actually misrepresented, but they may be given in such a way as to create a false impression of the value of the food in question. Try making a game of checking advertisements for the facts that are of real help to the purchaser.

Checking quantity is essential in estimating real cost. To insure accuracy of weighing and measuring devices, state laws and city ordinances require them to be inspected regularly. Inspected scales bear a seal.

The federal food law requires a statement of quantity on labels of packaged foods. This law may be supplemented by state laws governing products sold within a state. Deceptive packaging, including the use of overlarge partially filled containers or bottles with thick bases, is forbidden by federal food law.

Before buying, compare the weights and prices of various brands of packaged foods. Sometimes prices will vary by several cents according to weight. Read labels carefully to determine the prices in relation to weights. If the costs of two packages are the same but their weights vary, then perhaps cheaper ingredients have been used in the lower-cost package. For example, the prices of packages of the same kind of cookies may vary considerably. Check the weights of the packages to compare the prices per pound. If there is still a difference in cost, check the



Money Management Institute of Household Finance Corporation

*The careful buyer makes
a practice of watching while she buys. After
all, everyone makes mistakes.*

labels to find out if one cooky mixture contains more expensive ingredients than the other. In this way, you can make an intelligent choice on the basis of both value and personal taste.

Observe the weighing of foods which are packaged at the store. Sometimes it is wise to check the weight of large packages, such as five pounds of sugar or ten pounds of flour. A small shortage would not be noticeable to the eye, but it would be costly in the long run. If there is reason to believe that a particular store makes a constant practice of giving short weight, the local or state weights and measures official should be informed.

Identifying quality is a difficult phase of buying. A realistic description of various grades of foods is difficult to establish, and producers and distributors are reluctant to subscribe to a uniform

quality whereby all their products would be similar. Therefore, judging quality becomes a difficult problem for the homemaker, since she may not know what a food product is like before purchasing. She is often obliged to rely on price or brand name, not entirely reliable guides in ensuring the best value for the least money. However, there are laws which help the consumer to judge food quality to some extent. These are as follows:

- 1 Laws that require appropriate labeling when there has been substitution or removal of valuable constituents. For example, dried milk solids made from skim milk must be labeled *nonfat milk solids*.
- 2 Laws that establish a minimum standard and require appropriate labeling when the food is substandard. The food must in any case be wholesome. However, any changes in the food or its processing must be recorded on the label. For example, if peas and beans are overgrown when dried or canned, they must be so labeled.
- 3 Laws that require designation of grade. We are all familiar with the federal regulation of grades and various types of foods. States, cities, and towns may also have regulations concerning the grades of grain, eggs, and milk that are sold within their boundaries. Some foods are also graded voluntarily as a guide to consumers. Meat grading can be of real value to consumers when they are choosing a quality of meat suitable for their needs. Federally graded meat is always stamped as such. The federal designations are *Prime*, *Choice*, *Good*, *Commercial*, and *Utility*. However, some meat suppliers make their own designations which may be different from other gradings and provide little reliable guides to quality for the purchaser.
- 4 Laws that require on the label of artificial flavorings and colorings a statement to this effect, for example, artificial vanilla which is made with chemicals.
- 5 Laws that require inclusion on a food label of information that the food imitates some other food, for example, maple-type sirup which may be made largely of beet or cane sirup and flavoring. This does not mean that the food is not of excellent quality, merely that it is an imitation.

U.S.D.A.

U. S.

COMRCL

U. S.

COMRCL

*This stamp shows
that the meat was
federally graded.
U. S. D. A.*

In general, judging quality by personal inspection is not too successful. Judging requires skill and experience on the part of the homemaker which may never be acquired. Packaging and the available number of varieties of foods make such judgment difficult. Also, people have a tendency to judge by appearance and attractive color only, without regard to flavor or juiciness. In many cases it is impossible to judge quality until after a food is purchased.

A brand name is sometimes a helpful indication of quality, but it may not be entirely reliable. Widely advertised national brands may be more expensive only because of advertising costs. They may not be of any better quality than less-advertised local brands of lower price.

Deciding where to buy is influenced by individual circumstances. A number of factors enter into the decision as to where to buy. The decision of the homemaker is affected by closeness to the store, convenience of transportation, variety of goods offered, and cleanliness of the store.

Chain stores of the supermarket and cash-and-carry types sometimes offer real opportunities for economical buying. However, time and labor are substituted for higher prices, since the customer must collect and carry away his packages. Some people cannot resist the appeal of the wide variety of foods offered for sale and buy more than they really need.

Independent stores usually offer credit and delivery services. Customers in the smaller stores become well known to store personnel and usually can obtain more personal services than they could in a supermarket. To offset this, the store may need to raise its prices.

When you are comparing the services offered at various stores, your decisions will depend greatly on whether you will do most of your shopping in person or by telephone. Generally speaking, shopping by telephone is less satisfactory and, in many stores, is not possible since no delivery service is available. The sales clerks cannot have the same personal interest in individual needs that the person who is doing the purchasing would have. If a delivery service is included, it may involve a special charge or a minimum-sized order. This charge would need to be compared

Money for food can be saved through studying weekly advertisements in newspapers. Families with freezer storage space can often save by buying in quantity at special prices.



with the time, labor, and transportation costs involved in carrying the packages personally.

A storekeeper can be “a friend in need.” For instance, if he knows that a family always pays its bills regularly, he will be more likely to cash checks or to give credit in an emergency.

POINTERS ON KEEPING FOOD BILLS DOWN

- 1 Buy fresh foods in season. They not only are more economical but also taste much better.
- 2 Newspaper and radio market reports are always available and are an excellent guide to food buys. Plan menus around this information and around the needs of family members.
- 3 Try to avoid having food left over from a meal. If this does happen, study ways to use the food attractively.
- 4 Use evaporated and dried milk in place of fresh milk for cooking.
- 5 Avoid frequent use of prepared foods such as packaged puddings, canned stews, canned beans, and frozen pies.
- 6 Use standard rather than fancy grades of canned foods.
- 7 Pay cash for food because the cost of food is such a large item in the family budget. In addition, paying cash gives the family more freedom to shop around for special food buys.

Efficient buying depends on the homemaker's knowledge and judgment. The top grades of foods are not necessarily always the best buy. Several stores should be compared before deciding

where to buy. Food should be selected personally whenever possible. A market list should be made before you go to the store, leaving enough flexibility in items listed to take advantage of good buys. Information on labels should be carefully used as a basis for comparison of various brands.

Chapter checkup

- 1 A young couple have decided to cut their food bill as much as possible so that they will have more money for home furnishings. Which of the following statements are economically sound? Select each statement that represents poor economy, and tell why you believe it is not an economical practice.
 - a One way of keeping money costs down is to spend more time and labor on meal preparation.
 - b Eating out is easier and more economical than cooking at home.
 - c Planning one meal at a time is good management.
 - d A home freezer saves money, time, and labor.
 - e Buying more foods and equipment for meal preparation would cut down on time, labor, and money.
 - f Buying less protective foods and buying more carbohydrate foods would not save money in the long run.
 - g Wage-earning homemakers may find that using prepared foods is more economical in terms of time and labor.
 - h The cost of food should never exceed one-fifth of the family income.
 - i In general, the frequent use of prepared foods will increase the family food bills.
 - j If you have a home garden, planting corn and celery is more economical than planting broccoli and cabbage.
 - k No one kind of grocery store meets the needs of all families.
 - l It is a sound practice for most families to pay cash for food.
 - m Reading labels helps in computing actual cost per unit.
 - n The top grade of tomatoes is always the best buy.
 - o Buying cheaper cuts of meats is always a sound practice.
 - p Judging quality is simple if you follow the rules.
 - q In some states foods which are not shipped out of the state do not have to be labeled as to contents.
 - r Buying special foods of the delicatessen type increases the food bill.

- s A knowledge of standard food prices will help to insure wise buying of foods on sale.
 - † When all family members understand food costs, they are more willing to share in food economies.
- 2 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

artificial flavoring
designate
federal jurisdiction
protective foods

standardized foods
staple foods
substandard
uniform quality



Chapter forecast

Chapter 8

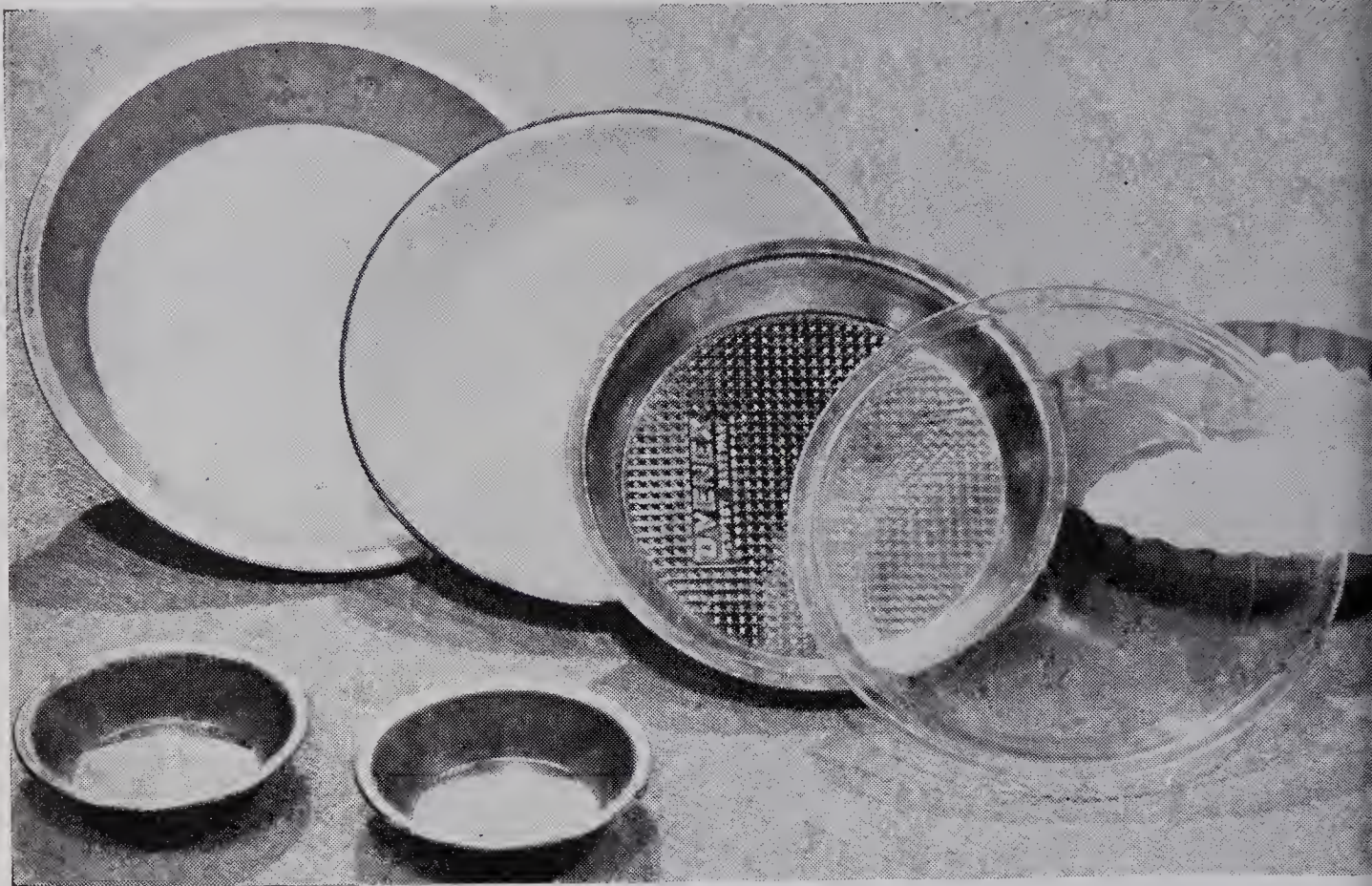
Why will cooking the chicken slowly produce the best flavor? What are the advantages of outdoor cooking?

Robert E. Coates



How can these foods be prepared in order to provide the maximum value?

New York State Colleges of
Agriculture and Home Economics



*How does the choice of a
utensil affect the success of
the final product?*

U. S. D. A. photo

*Why are good shopping habits
important in the preparation of food
for the family?*

H. Armstrong Roberts



*Correct food preparation
promotes family
health and satisfaction*

The kind of meal that is served is closely linked to the cost of the food. Choosing the food and the methods for cooking it depends a great deal upon the money, time, and labor that is to be put into the project. Whether food is prepared at home or bought ready to serve, it should have appetite appeal. It should also be nutritious, digestible, and sanitary. How can this planning, choosing, and preparing be successfully fitted into a busy day's activities?

Many people do not understand the principles of correct food preparation. A recent study showed that only 27 per cent of the homemakers in a certain state prepared food in accordance with tested scientific principles. If the homemaker does not understand these principles, she may need many years of practice to become a competent cook. Even then, she faces the constant risk of failing without knowing why. A more serious result could be

the loss of nutritional value in food through poor preparation—a hidden hazard that leads to poor health.

Some people say that because so many prepared foods are available to us we no longer need to know much about food preparation. A moment's consideration, however, will make us realize that even the packaged and frozen prepared meals require the right kind of heating and serving if they are to taste their best. If we learn how to buy and to prepare food properly, we will be able to appreciate good standards of food service and adequate value in food.

Ideas for action

1 Sources for study

American Home Economics Association. Handbook of Food Preparation. Washington, D. C.

Jones, E. V., and Burnham, H. A. Junior Homemaking. J. B. Lippincott Co. Chicago. Units 9 and 12.

Lewis, D. S., Peckham, G. C., and Hovey, H. S. Family Meals and Hospitality. Parts II, IV, V.

2 Obtain a modern recipe book and one published about 30 years ago. Select from each book recipes for cakes, muffins, and piecrust and suggested dinner menus. Report on any differences you find in recipes in the two books.

3 Prepare cakes from several commercial cake mixes. Compare them. Select the one that produces the best product for the least money.

4 By practical experiment, compare the time, labor, and cost of making a cake from a mix and making one in the conventional way.

5 As a class activity, plan, prepare, and serve a series of family meals emphasizing ways to

preserve nutritive values of foods;

save time in preparation; and

improve meal management, safety and sanitation, work schedules, and use of storage space.

- 6 As individual or group class activities, practice advanced food preparation such as poultry, roasts, yeast breads, and sponge cakes.
- 7 Compare the advisability of producing and preserving foods from the standpoints of money saved and time spent.
- 8 Invite your county extension agent and several skilled homemakers to class. Ask them to discuss the advantages of various methods of fruit and vegetable preservation and the causes of food spoilage.
- 9 As a class activity preserve foods that are available, using various methods, such as canning, freezing, jelly-making, and pickling.
- 10 Visit a commercial cannery or a food-freezing plant for a class field trip.
- 11 Review in class the quickest and most sanitary methods of washing dishes. Practice these methods at home.
- 12 Invite to class an employee of the public health department to talk about dishwashing regulations for restaurants, hotels, and other public places. Or show films on efficient and sanitary methods used by these places.
- 13 Invite to class your local health officer or another qualified person to report on laws relating to local food supply.
- 14 Prepare a report on the Federal Food, Drug, and Cosmetic Act. Tell how it protects the consumer. Suggest ways in which it might be made more efficient.

How can we obtain the most value from food?

Did you ever hear the remark that in some homes the kitchen sink and the garbage pail have more chance to be well nourished than do family members? This means, of course, that these homes follow such poor practices in cooking and serving foods that most of the nutritive value is thrown out as waste material. As you read this chapter see if you can discover some of the poor practices which may have caused such a remark to be made.

The homemaker should keep many factors in mind if she intends to serve meals of the highest nutritive value. She must plan to buy the most nutritive value for the least money, prepare foods by a method to preserve this value, and, finally, serve meals so

attractively that family members will want to eat the foods that they need.

The nutritive value of food is destroyed mainly through ignorance and improper handling. Nutritive value may be lost in one way because the food is so unappetizing no one will eat it. Attractive, well-cooked, appetizing meals will do more to develop good nutritional habits in a family than any amount of coaxing.

Cooking is like any other job. There are basic principles to be followed, and if you know and apply the “why’s” you have a better chance of doing a good job. Using a cookbook is like following a map; but you have to know what the symbols mean and the general direction in which you are going or you may easily be led astray. You may have heard a homemaker say that she has been using a certain cake recipe for years and sometimes she is lucky with it and sometimes she is not. If she had known more about what she was doing, she probably would never have made those unlucky mistakes.

We cook foods to make them more attractive, more palatable, and probably more sanitary. Vegetables and salads are often sore points in family meals. Usually the reason is that the homemaker is not doing a good job preparing and serving them. Perhaps she should try to find more ways to serve fruits and vegetables raw. Crisp and delicious salads can be made from spinach, cabbage, celery, carrots, beets, and green peppers, as well as from the more common salad vegetables. Edible garnishes, such as parsley and watercress, are high in food value and should be eaten, not left on the plate.

Cooking lowers the nutritive value of most vegetables. For the least loss of nutritive value, use the method that is quickest and least damaging. Most losses in nutritive value occur through (a) too-long cooking; (b) using large quantities of water; (c) exposing cut surfaces to the action of water; (d) starting vegetables to cook in cold water rather than in boiling water; and (e) frying.

Vegetables are cooked to soften the cellulose contained in them; to make them edible; to improve their flavor; and to gelatinize the starch in them. Any method of cooking vegetables should result in a food that is not only attractive and palatable



New York State Colleges of Agriculture and Home Economics

The method of preparing foods affects the flavor. Notice in the meat at the left the amount of shrinkage and the loss of juices caused by using an improper cooking method.

but also retains the nutrients. Therefore, as a general rule, use quick-cooking methods (but not frying) and small quantities of water. If juices are left after cooking vegetables, they should, if possible, be used immediately in soups, gravy, or sauces so as to conserve the soluble nutrients. The wise homemaker makes a practice of using as little water as possible for cooking.

For flavor, add a small quantity of table fat to the vegetable and serve as soon as it is cooked. Since baking soda destroys vitamins, do not use it in cooking vegetables.

Varying the manner of serving increases appetite appeal. When scalloped corn or french-fried potatoes are served, the vitamin loss resulting from intense cooking heat should be supplemented by adding a salad or green vegetable to the menu.

Meat should be cooked at a low temperature to prevent loss of nutrients and to conserve flavor. Intense heat shrivels and hardens the protein in meat and destroys the vitamin content. Therefore, tender cuts of meat are best cooked by low temperature in dry heat, and less-tender cuts, by low temperature in moist heat in order to help soften the connective tissue between the fibers.

If you study modern methods of roasting, you will see that they are suitable for tender cuts because they supply low temperature and dry heat or, in the case of small thin cuts, a high temperature for searing, followed by a lower temperature in dry heat. Braising and stewing, which provide low temperature and moist heat, are best for the less-tender cuts.

Other protein foods are cooked in the same way as meat. The same principles of cooking apply to eggs, fish, and cheese because of their protein content. If you examine recipes in which cheese or eggs are the main ingredients of a dish, you will find instructions for cooking at a low temperature.

Eggs are used as a means of entrapping air in mixtures to produce a light, spongy texture. Because their protein content coagulates and hardens when heated, eggs are also used to thicken custards and soups. When it is overcooked, the protein in egg becomes lathery and indigestible, but when it is correctly cooked it is one of the best means of producing a light, spongy, attractive food.

Cooking cereals requires a liquid and a high temperature. Cereals contain principally starch and cellulose which must be made palatable and more easily digestible. The cooking method is the opposite of that used for proteins; that is, a high temperature and a liquid are needed. As the moisture in the grain begins to steam, it bursts the cell wall of the grain and allows the starchy granules to swell. This is the reason macaroni, rice, and oats will almost double their bulk when cooking. After the cereal has doubled its bulk, the temperature should be reduced to permit slow cooking to develop the flavor. When finely ground cereals like flour and ground rice are used, the mixture of liquid and cereal must be stirred thoroughly or it will heat unevenly and become lumpy and unpalatable.

Air, steam, and gas are leavening agents. To make them light and spongy in texture, foods having flour as their chief ingredient, such as biscuits and cakes, contain liquid, salt, some form of leavening or raising agent, and sometimes other ingredients. For example, sponge cake uses air as a raising agent. Air is enclosed in beaten eggs and expands on the application of heat when the cake is put into the oven.



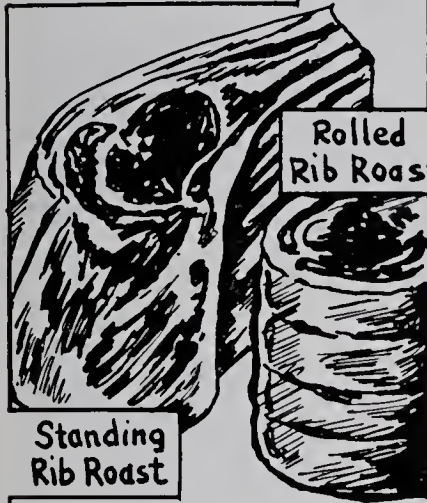
Club Steak



Sirloin Steak

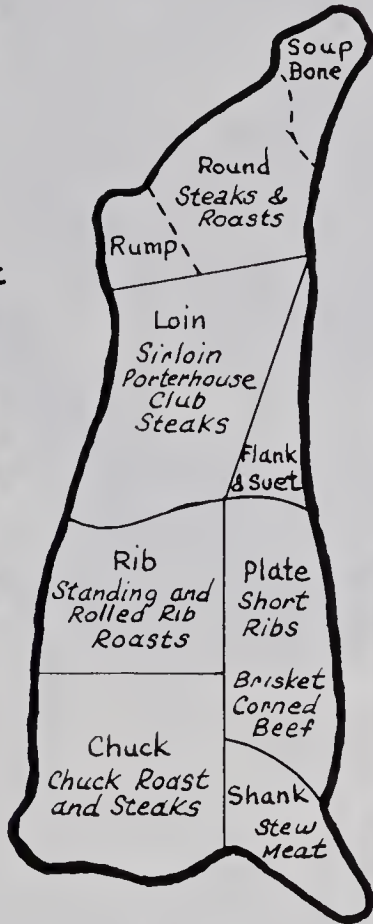


Porterhouse Steak



Rolled Rib Roast

Standing Rib Roast



QUICK COOKING

Steaks and Roasts

Comprise Only 26 percent of a Side of Beef

SIDE OF BEEF



Round Steak



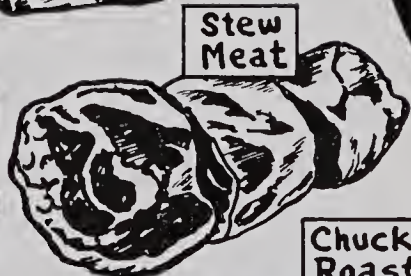
Rump Roast

Flank Steak



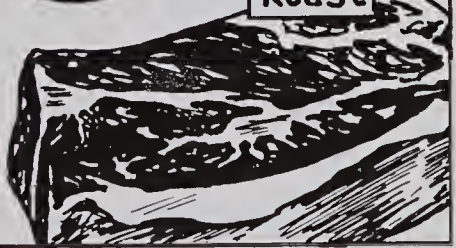
Short Ribs

Brisket Corned Beef



Stew Meat

Chuck Roast



SLOWER COOKING CUTS

Are Economical and Delicious

Courtesy of American Meat Institute, Chicago

The cut of meat determines the general method of preparation.



Knox Kornfeld & Co., N. Y.

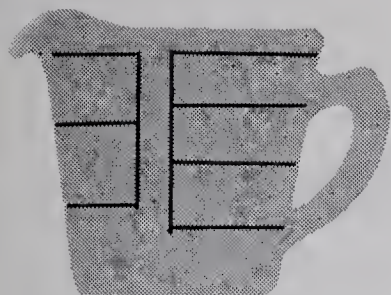
What leavening agent can be used for quick breads?

Steam is formed and expands mixtures containing liquid which are baked or fried at a high temperature. Popovers are an example. Carbon dioxide is formed and expands through the mixture in bubbles when heat and moisture are applied to baking powder, which is made of soda and acid, or when warmth, moisture, and sugar are added to yeast.

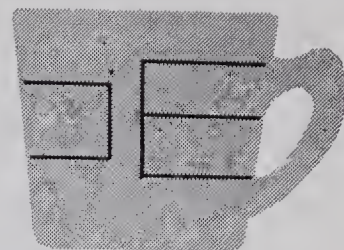
Cooking methods depend on ingredients. The method used for combining ingredients in a flour mixture depends upon the proportion of eggs, fat, and sugar to flour. The present trend is to make all methods as simple as possible, following the principles of incorporating air and then mixing ingredients thoroughly so that they are evenly dispersed.

Much can be said for these short methods when a family must consider time and labor. However, some families prefer to make their own products rather than use prepared mixes or buy ready-

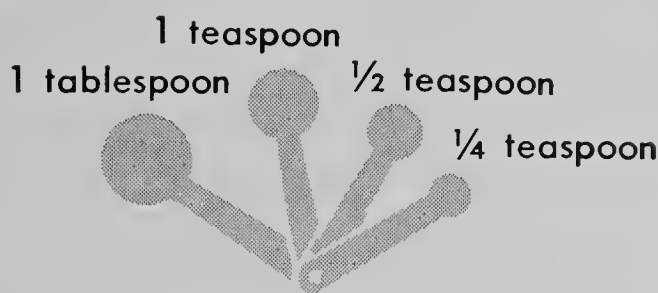
COMMON MEASURES



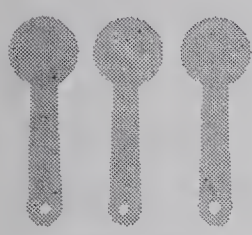
Standard liquid
measuring cup



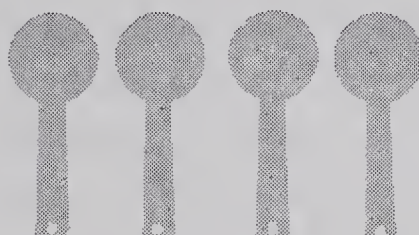
Standard dry
measuring cup



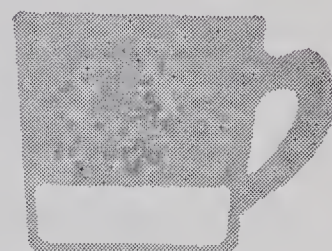
Standard measuring spoons



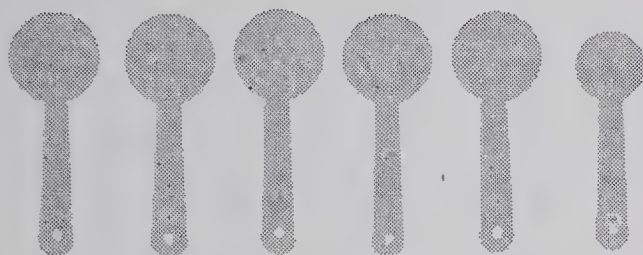
3 teaspoons = 1 tablespoon



4 tablespoons

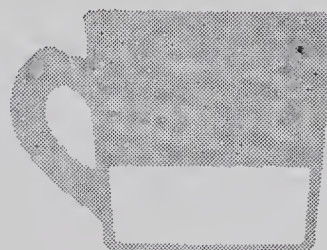


= $\frac{1}{4}$ cup



5 tablespoons and 1 teaspoon

=



$\frac{1}{3}$ cup

These drawings show the common measurements used in cooking. Using exact amounts will bring good results.

made goods. Recipes handed down in a family through generations have sentimental as well as food value. There are good reasons for treasuring special recipes. The foods may be laborious to prepare, but are particularly well liked by the family or have a special traditional significance.

If you have learned the principles behind the methods of cooking, you will soon be able to judge a good recipe. However, learning the basic proportions for different mixtures is also important. Once these are known, all new recipes can be checked against them to see whether the recipes are likely to be successful.

A good recipe should provide the following information:

- 1 The ingredients listed in the order of their use
- 2 The method of mixing and cooking
- 3 The time required for cooking and the temperature of the oven
- 4 The number of servings expected from the recipe

A recipe is not likely to be successful unless measuring is accurate. A chart of substitute equivalents, found in most reliable cookbooks, will help you to read new recipes even more easily.

Differences in altitude require adjustment of recipes. If you live in an area situated above 3,000 feet in altitude, you will know that at such elevations, because air pressure is less, water boils at a lower temperature. A less amount of leavening agent is needed to expand air, and a greater pressure is needed for the pressure cooker and pressure canner. Basic proportions may need to be changed somewhat for cake mixtures. Many ready-mixes give directions on the package for these changes.

Meal planning requires a knowledge of basic principles and methods. A homemaker who does not know the basic rules of food preparation will have difficulty serving economical, palatable meals, even if she buys foods that require little preparation. Without this knowledge she cannot ensure a day-to-day variety of the colors and shapes characteristic of well-prepared food. Picture an attractive display of food at a cafeteria counter. The food itself appeals to the eye and the dishes enhance this appeal.

Flavor of course depends largely upon correct preparation of the food, but it also depends partly upon the ingenuity of the cook and the combination of ingredients. Knowing how to blend in flavors that are different from but complementary to one another and how to use spices, herbs, and flavorings makes a difference in the flavor of the final products. It is here that food preparation changes from science to art.

Different nationalities traditionally enjoy different flavors. One of the pleasures of growing up is learning to enjoy many flavors and combinations of food. People who are conservative in their food habits are often those who during childhood were deprived of an opportunity to try out strange foods. It is one sign

of maturity to be ready to experiment with new foods and other new experiences.

To maintain a balanced diet and yet get variety into the menu, the good manager plans her meals well in advance. Most young couples have opportunities to practice new recipes and new combinations, even on a limited budget. A family with several children may be financially limited, but they should try to keep variety in their meals so that the children will learn to appreciate many different kinds of foods. When someone in the family is sick, then variety is important to stimulate appetite.

Mary and George Smith like to try out new foods. Since they both work, and since their small apartment has only a tiny kitchen and a minimum of equipment, they plan their menus carefully for a week at a time. They try out at least two new recipes each week just for the fun of it, although they never try out a new one on the night when guests are coming. Here are their meal-planning rules which they have made to suit their situation:

- 1 Good menus have pleasing color combinations.
- 2 Fragrance and flavor are as important as color.
- 3 Contrast in texture and form are as important as color and flavor.
- 4 Foods in season have the best flavor and are less expensive.
- 5 The same food or flavor should not be repeated in a meal.
- 6 Every menu should include a hot food as well as cold foods.
- 7 If an oven meal is planned, a batch of cookies or a baked dessert can be included.
- 8 A heavy main course should be followed by a light dessert.
- 9 Raw vegetables or fruits should be included in each day's menu.

How can we avoid food waste?

In the United States, according to some studies, 20 to 30 per cent of the food is wasted, and one-third of this waste takes place in the home. Much of the waste is caused by preparing food carelessly, by not eating all the food on the plate, and by not using leftovers. Most of it, however, comes from actual food spoilage. When you consider that two-thirds of the people in

the world do not have enough to eat, it is inexcusable that we should waste food unnecessarily.

We are extremely lucky to have many kinds of foods available throughout the year. Science has provided us with ways to keep fresh foods in good condition, but the main responsibility for using foods lies with each family member.

All foods are perishable, but many foods, such as meat, fish, fruits, and dairy products, are particularly so. Leftover cooked foods spoil quickly and should be refrigerated as soon as possible. Salads, soups, and pastries with cream fillings also are possible sources of food poisoning unless they are kept under refrigeration.

Foods spoil as a result of the development of microorganisms and enzymes. Microorganisms include yeasts, molds, and bacteria. They are present in soil, water, and air. They usually cause changes in the appearance and smell of food. However, bacterial growth may not be accompanied by an outward change which could warn the consumer not to use it. Egg salad, chicken salad, cream filling, custard filling, and stuffing in meat and poultry all may be dangerously spoiled and yet give no warning through change in color, odor, or other outward appearance.

Enzymes are organic substances found in all living matter. Enzyme action resulting in decay can be seen in the soft, watery portions of overripe fruits. They are not necessarily harmful, but they do spoil the flavor of food.

Sanitary handling of food is essential. When families produced most of their own food, communities had little responsibility for cleanliness in food handling. After all, if a family raised its own vegetables, got its milk from its own cows, and had hens that supplied eggs for its breakfast, there was no reason why any local government had to protect the family. Nowadays food comes from all over the world instead of from a family's backyard. Therefore, legal safeguards must be maintained to see that the food reaches the consumer in wholesome condition. National and local laws cover many foods.

Because milk is such a vital food, it is especially important that milk be kept pure. Since milk is a main part of the diet for children and for invalids, doctors are insistent that it be pure.



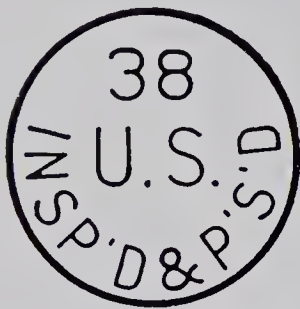
Robert E. Coates

A moment's carelessness will undo the effects of the most careful handling in preparation. Precautions are necessary to prevent food spoilage.

Tuberculosis and Bangs' disease may contaminate milk, thus carrying infections to the consumers. Milk may also become contaminated with bacteria from handlers or with dirt from unsanitary containers. Therefore, milk must be protected from dirt and from all other possible means of contamination.

Pasteurization is a way of safeguarding milk. In this process, milk is heated to 143° F. for 30 minutes or to 165° F. for 15 seconds. This kills disease-producing bacteria. Pasteurization does not affect the lactic-acid bacteria which sours milk, so the milk should be cooled rapidly after pasteurization and kept below 50° F.

Federal and local ordinances establish standards for quality and bacterial count of milk. Regular inspections are made of dairies and milk-bottling plants.



This stamp shows that the meat was federally inspected and passed as wholesome food.

U. S. D. A.

Meat also may be a source of infection. Diseases and parasites that can be carried through meat are tuberculosis, anthrax, trichinosis, and tapeworms. All meat is subject to federal, state, and local ordinances. Federal inspectors examine the meat carcass, putting the purple "U. S. Insp'd & P'd" stamp on the parts that are free from infection. This means "U. S. Inspected and Passed." As a precaution against infestation by the trichinosis parasite, always cook pork very thoroughly before serving it.

The Federal Food, Drug, and Cosmetic Act regulates the preparation and handling of packaged and canned goods and forbids the addition of poisonous or harmful substances. However, this legislation applies only to interstate commerce. The states must enact their own laws covering local products.

Restaurants and other public eating places can be serious sources of infection unless careful precautions are taken against the spread of infection. The manner in which food is prepared and handled and the way dishes are washed are particularly important. Most cities require a license to operate a public eating place. However, sanitary operation can be effective only through the interest of each employee, the efficiency of the equipment,

and public opinion. Poor dishwashing can be one of the quickest sources of infection. Other sources are using leftovers carelessly and exposing cooked food to the air without proper covering or refrigeration.

No amount of careful sanitary practice in public places can make up for poor sanitary practices in the home. Efficient dishwashing in the home is as important to family health as restaurant dishwashing is to community health. Wash dishes in water as hot as possible, using a detergent, and follow with a hot-water rinse and air-drying. Garbage should be placed in a paper bag in a covered container. Food should never be left uncovered. Potato salad and cream sauce should always be refrigerated after preparation, since these mixtures make an excellent medium for the growth of harmful bacteria. The careful work in safeguarding our health done by the nation, the state, and the community can be undone in a few minutes through carelessness in the home.

Since perishable foods spoil quickly, they should be stored in the refrigerator as soon as they are brought into the home. These foods vary as to the degree of coldness they require. The chart below shows the best section of the refrigerator in which to store each food.

Section	Food
Freezer	Frozen foods, frozen desserts, ice
Directly under the freezer	Meat, fish, cheese
Top shelf nearest the freezer	Milk, cream, sauces, butter
Middle shelves	Custards, puddings, leftover foods, fruit, eggs
Bottom section	Vegetables and most fruits

Follow these rules for using the refrigerator:

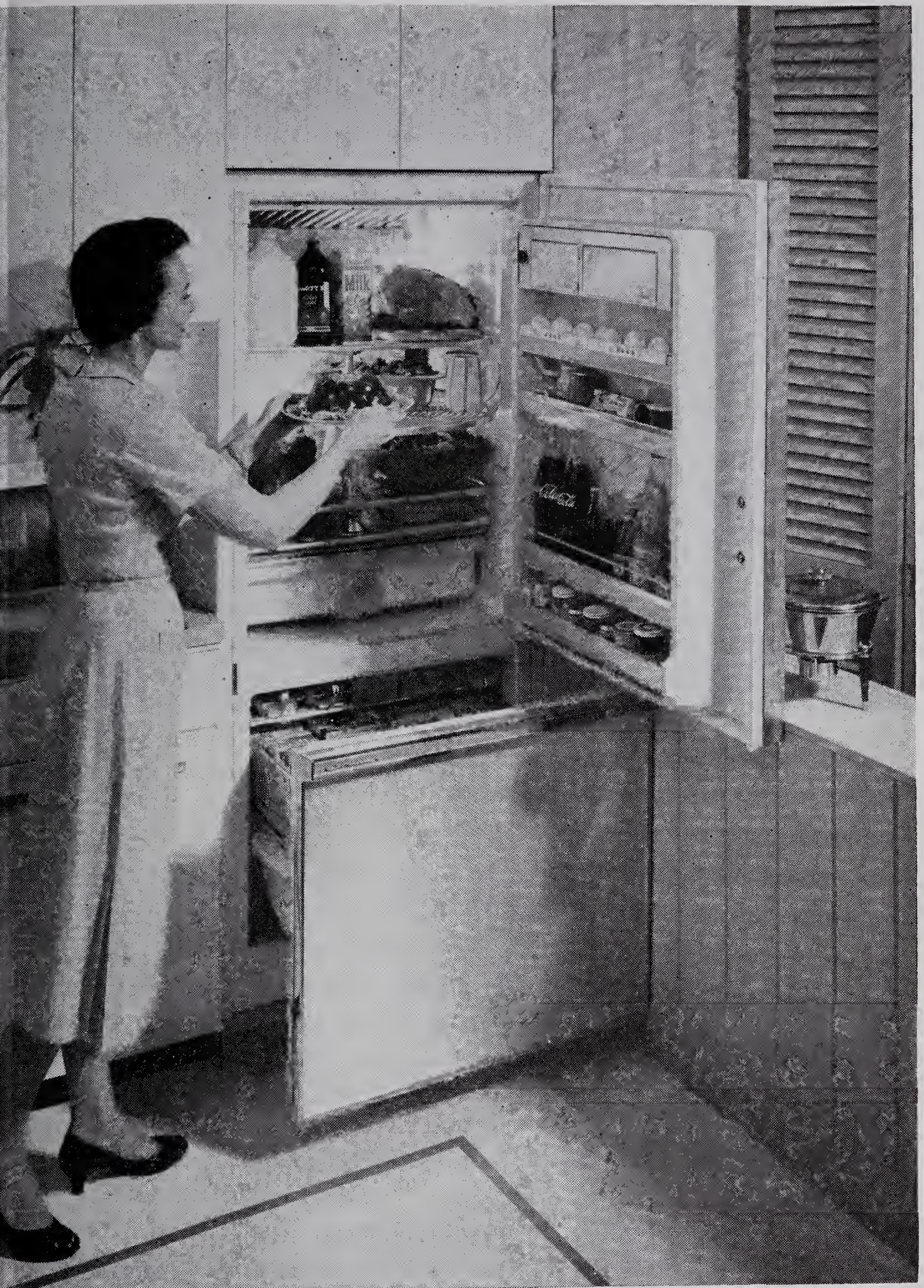
- 1 Keep the temperature between 32° and 45° F.
- 2 Open the door as seldom as possible.
- 3 Keep the refrigerator clean inside and out.
- 4 Wipe up spilled food immediately.
- 5 Remove paper coverings from all food except meat, which should be covered with waxed paper. Frozen foods should be placed directly in the freezer compartment.
- 6 Use covered containers for storing food.
- 7 Ensure circulation of air by not overcrowding the shelves.

The decision to invest in a freezer depends on several factors. Frozen food tastes better and looks more appetizing than canned food. However, the cost of a freezer is high. Interest on the investment, depreciation, and the cost of operation make freezing costs, per unit of food, four or five times that of canning. If frozen food is bought to be stored in the freezer, the cost is even higher. Therefore, if a family decides to purchase a freezer it is for the same reason that they buy other expensive equipment.

Frozen food can make meals attractive and palatable, and they can save time and labor. A freezer may, for these reasons, be worth the high cost. For a family with a garden capable of producing a large amount of fruits and vegetables, buying a freezer may be a wise investment, provided the true cost is fully realized.

Blanching and freezing preserve plant and animal tissue. Freezing is a method of preservation by which the living plant tissue is killed either directly by freezing or beforehand by blanching. Freezing does not stop spoilage; it merely delays it. The microorganisms and enzymes become active as soon as the food is thawed. Foods once frozen are more likely to spoil than fresh foods. Therefore, they should be cooked either immediately or as soon as possible after removing from the freezer. Freezing at zero temperature brings the most successful results.

Prefreezing treatment is required for most foods. Vegetables are usually blanched by scalding them in boiling water to destroy the plant tissue and enzymes. Sugar and ascorbic acid, usually used in freezing fruits, are added to retard enzyme action. Sugar also helps the food to retain its color and flavor. Juices can



General Electric Co.

The modern refrigerator has been carefully designed to store food conveniently. A freezing compartment is included in this refrigerator at the bottom.

What makes for family well-being? 207



Westinghouse Electric Corp.

Cook meats from the frozen state to minimize shrinkage and flavor loss.

be boiled down to form a concentrate. The water is replaced before the juice is used. Meats, fish, and poultry are usually not pretreated but are wrapped in airtight containers.

After pretreatment, foods are placed in vapor- and moisture-proof containers and are frozen as rapidly as possible. Foods incorrectly packaged dry out and lose their food value. Frozen foods have a greater nutritive value and flavor than foods preserved by other popular methods. Economically, they are more expensive than fresh or canned foods, but this fact is often offset by their convenience.

Heating followed by sealing is a method of preventing spoilage. Heat sufficient to kill microorganisms, followed by sealing in an airtight container, is the method used in canning food. The container is sterilized and after the food is put in is sealed so that no additional bacteria or enzymes can enter. Unfortunately, the heating involved in the canning process destroys



New York State Colleges of Agriculture and Home Economics

When preparing foods for freezing or for canning, be sure to obtain the most efficient equipment.

vitamin C so that little of it is left in the food, except in fruits and vegetables that have a high acid content. The acid content of tomatoes, for example, preserves vitamin C.

Canning is an economical and fairly convenient method of preserving food. If the homemaker plans well and follows directions, she can be fairly sure of success. Two methods of canning are in general use—canning by water bath and canning by pressure cooker. Tomatoes and fruits are packed uncooked in the jars. The jars are placed in cold water which is then heated slowly. Before preserving any food, specific directions should be obtained from a reliable source such as a federal or state bulletin.

Vegetables and meats should be canned only in a pressure cooker. The temperature during water-bath heating is never high enough to destroy the microorganisms in these foods. Using the pressure cooker is the only safe method of processing them.

Many mistakes can be made in home canning. Therefore,

home-canned food should be inspected carefully. If it has an off-odor, it should be discarded without tasting it. Care should be taken that humans and animals do not accidentally consume it before it is destroyed.

For protection against botulism—a highly dangerous form of bacterial growth producing a toxin that is fatal if eaten—all home-canned vegetables and meats should be boiled for 15 minutes before tasting them. Cans should be stored in a cool place because warmth can cause spoilage.

Sugar, vinegar, and salt are used to preserve food. Jams, jellies, conserves, and fruit butters are forms of fruits that have been preserved by adding sugar and heat. Certain substances help to preserve foods by retarding or preventing the growth of microorganisms. Sugar is often used to increase the concentration of the food and to make it a medium unfavorable to the growth of organisms. Salt and vinegar are used to draw out the juices in foods and to delay spoilage by microorganisms and enzymes. Salt is added to vegetables when they are canned or pickled.

The *gel* in jellies and jams depends upon the proportions of sugar and pectin. If a fruit does not contain enough pectin for it to “gel” (or “jell”), commercial pectin or fruit juice from a good pectin source is added. Enough sugar must be added to provide not less than 60 per cent of the finished product. This amount is sufficient to prohibit bacterial growth and the accompanying spoilage. A quickly cooled jam made of fruit rich in vitamin C, such as red currants, would retain some vitamin-C value. Most jams lose all of their vitamin C through prolonged cooking in an open pan.

Drying food is a method of preservation. Legumes, such as navy and lima beans, are gathered when ripe, dried, and stored until they are ready for use. Dried apricots, prunes, peaches, and other fruits are prepared commercially on a wide scale and are available throughout the year. The drying destroys their vitamin-C content, but these fruits are used mainly for their mineral content and flavor. In general, drying is not successful as a preservation method in the home. The special equipment and required temperature cannot be duplicated in most homes.

Irradiation and antibiotics are being used to preserve food. Atomic, beta, gamma, and X rays are being tested on many foods as a possible means of preservation. Their action kills the bacteria which secrete the enzymes that cause spoilage. Irradiated potatoes and meat have been kept several years at room temperature without deterioration, but much research is still needed to make most foods treated this way acceptable as to color and taste.

Antibiotics are being added to foods to stop the bacterial action that produces enzymes and deteriorates food. An injection of an antibiotic into freshly slaughtered meat not only keeps the meat fresh but helps to age and tenderize it. Many brands of packaged spinach and some other vegetables are protected by antibiotics. A small amount added to the ice or the ice and water in which food is packed keeps the product fresh.

Pasteurization is another method of food preservation. Pasteurization has long been used for preserving milk products but more recently has been used for meats. An example is canned ham, which is partially cooked in a vacuum. It will then keep for several months if it is refrigerated.

Food preservation is necessary to our urban civilization and is becoming a highly skilled industry. However, the flavor and nutritive content of fresh food usually is superior to that of preserved food.

Chapter checkup

- 1 Choose the false statements from the following list. Correct them so that they become true statements. Give reasons for the change.
 - a The majority of housewives prepare food according to correct principles of food preparation.
 - b There is little need nowadays for people to learn much about food preparation.
 - c Cooking vegetables rapidly destroys their vitamin-C content.
 - d Roast meat has the best flavor when it is cooked at a high temperature.
 - e Eggs and cheese should be cooked at a low temperature.
 - f Eggs are the chief leavening agent in sponge cake.
 - g Now that simple methods of making cake and pie crust have

been proved successful, it is always a waste of time to use lengthy, difficult methods.

- h** A knowledge of basic principles is essential in judging the accuracy and probable success of a recipe.
 - i** Young children should be offered a variety of foods.
 - j** When entertaining, make a point of trying out a new and different food.
 - k** Much food waste is inevitable because of modern living conditions.
 - l** Bacterial growth is always accompanied by specific danger signs.
 - m** Fruits, vegetables, milk, eggs, meat, and fish should be kept all at the same temperature.
 - n** Cream pies need not be refrigerated.
 - o** Blanching vegetables previous to freezing is necessary to destroy enzymes in their plant tissue.
 - p** Canned fruit retains a large percentage of its vitamin-C content.
 - q** A pressure canner should always be used for processing meat and nonacid vegetables.
 - r** Successful jelly formation depends on the proper proportion of acid, pectin, and sugar.
 - s** Jam will spoil if it does not contain enough sugar.
 - t** Commercial pectin is available in powdered or liquid form.
- 2** With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

coagulates

edible

enzymes

irradiated foods

leavening agent

pasteurization



Chapter forecast

Chapter 9

*How can a party be planned
without fuss or failure?*

Better Homes and Gardens



*Does being socially at ease
in your own home make you
more poised in public?*

American Airlines



How does careful organization and planning affect the success of a community affair? Often a church group or a school group will give a party.

Cleveland Electric Illuminating Co.



What are the factors that affect meal service?

New York State Colleges of
Agriculture and Home Economics

Chapter 9

Family meals and hospitality contribute to family well-being

Planning meals for the family is like playing an absorbing game that requires knowledge, skill, and ingenuity. In this game, the local stores must be searched for resources to satisfy the nutritional needs and preferences of the family. Skill and ingenuity are needed to plan meals, to save time and energy, to provide attractive combinations of foods. Appetites must be stimulated; feelings of satisfaction must be created.

Many homemakers never take the trouble to learn the game, but those who do learn it find it rewarding, for pleasant meal-times are a part of the background of family happiness. Many people away from their homes in later years remember best their families around the dinner table and the flavor of their mother's cooking. The reason they remember so vividly is not so much the fine food but the atmosphere of happiness and security that surrounded the group.

Family mealtimes, then, contribute to family well-being and happiness. Highly nutritious, appetizing meals are essential; a pleasant atmosphere at family meals is important. Unless family mealtimes can be made pleasant times, the most carefully planned and prepared meals will lose much of their value.

One value is being together. In many homes today, the family members are rarely together for three meals a day or sometimes even two. However, it is important that the whole family try to share at least one meal a day. Eating together can set the stage for an exchange of ideas and feelings that will strengthen the unity of the family group; each person will have an opportunity to develop appreciations and understandings of other family members. Younger members can develop social ease, good speaking and eating habits, and skill in establishing harmonious relationships with other people. Older members can teach and influence the younger ones, gaining real satisfaction and enjoyment from the whole family being together.

Not all family mealtimes are happy. Sometimes they are interrupted by family squabbles, tensions, and various types of anxieties. Mealtimes that contribute to the development of pleasant relationships among family members do not happen accidentally. To help family mealtimes contribute to family well-being requires much thought, effort, and planning.

A common way of extending hospitality is by serving food to guests. Entertaining contributes greatly to family welfare and happiness. It provides a way for the family to share responsibilities and interests, resulting in a sense of group unity and closeness.

Guests in the home bring with them new thoughts, attitudes, and interests which can enrich family understandings and appreciations. Opportunities are almost unlimited for family members to learn to express themselves, to develop social poise and skill, and to see the importance of good relationships with others. Self-confidence is best developed through experience. Visiting is a way of bringing the outside world into the family, thereby strengthening the family's understanding of its relationship with others. In what better ways can each family member learn how to treat others than by practicing such princi-



Robert E. Coates

*A picnic provides a welcome change from meals indoors.
Foresight and imagination can save time and preparation for
simple family meals.*

ples within the family group and through contact with people outside the family circle?

For the benefit of all family members, family meals and entertaining should be shared experiences. If the whole family understands the importance of a balanced diet, food costs, and the social value of mealtime, there will be more appreciation of family meals. If family members plan together to entertain guests, they will share the advantages and enjoyment that result from extending hospitality.

Ideas for action

1 Sources for study

Allen, B., and Briggs, M. P. *Mind Your Manners*. J. B. Lippincott Co. Chicago. Chapters 3, 8, and 22.

Jones, E. G., and Burnham, H. A. *Junior Homemaking*. J. B. Lippincott Co. Chicago. Unit 10.

Lewis, D. S., Peckham, G. C., and Hovey, H. S. *Family Meals and Hospitality*. The Macmillan Co. New York. Unit III, Part 5; Unit VI; Unit VII, Part 1.

- 2** Choose class committees to prepare exhibits of simple and attractive table settings for various occasions.
- 3** Plan a skit to present in class showing a family sharing a meal in the home. Emphasize the considerate behavior of each member to the others throughout the meal. Bring in topics of conversation that would be of interest to a whole family.
- 4** As a class, plan and prepare a family meal. Choose a suitable and attractive table setting for this meal, using table coverings, dishes, and silver. Serve the meal to class members in accordance with family-style meal service.
- 5** Take a class field trip to stores to study dinnerware and table silver that is attractive and low-priced. Find out how to harmonize dinnerware of different materials and colors. Compare the costs and advantages of various kinds of dishes.
- 6** As a class activity, plan the menu for and prepare for serving the next day in class a nutritious and attractive "pick-up" lunch.

- 7 With the co-operation of your family, as an individual activity, take charge of the family meals in your home for a week, including menu planning, marketing, preparing food, setting the table, serving, and cleaning up. Keep your food budget within a specific cost limit. Record the menus, the cost of the food, and the successes and the problems in management that you met during the week.
- 8 Using various resources, such as books, pamphlets, and magazines on manners, prepare a check list for class use of common rules of table manners.
- 9 Plan and prepare a simple party for a kindergarten group. Appoint committees to work on various parts of the project. Later, evaluate the party on the basis of management, cost, and the guests' enjoyment.
- 10 Mary and Joe expect to be married as soon as school is out. They plan to invite approximately 50 guests to the wedding reception, which Mary and her mother will give in their home. Plan a simple menu for the occasion, estimate the cost, and give advice as to how to organize the work.
- 11 As a class project, take an available opportunity to prepare and serve a community meal such as a church supper or a community organization dinner.

Does planning make better meals?

Planning meals that not only taste good and look attractive, but are nutritionally adequate and contain all the necessary food elements, requires thought, effort, and a thorough understanding of food costs. How unhappy is the homemaker who, because she has given her family frills and fancy meals at the beginning of the week, must, as the money runs out, present them at the end of the week with uninteresting meals lacking in nutritive value. Money to be spent for meals must be planned ahead so that there is enough for appealing, nutritive foods throughout the budget period.

Menus should be planned for a whole day at a time to be sure that all the Basic-Four requirements are met. Planning your menus ahead gives you enough time to check the supplies you have on hand, preventing the needless duplication of some foods

or the lack of others when meal preparation begins. If you know ahead of time which foods you will need, you will save time and effort in your meal preparation. Some foods can be prepared ahead of time or in large quantities, in anticipation of their use at more than one meal. When family members share in meal preparation, planning ahead makes the division of jobs easier and more efficient.

Meals should be planned to meet family needs. Two ways to assure balanced meals are to plan meals ahead of time and to use the Basic-Four guide. A variety of foods must be served to meet the family's nutritive needs and to tempt their appetites.

Remember, too, that meals must meet the needs of all family members. Menus should include foods that everyone—from baby to grandparents—can eat with a minimum of adjustment. Start with simple foods suitable for the youngest member, then dress them up a little for grown-up tastes. For example, the youngest child might eat a ground-beef patty, french-fried beans, tomatoes, and whole-wheat bread and butter. His parents and older brothers and sisters could add pickles and french-fried onions.

Family preferences play a large part in successful meal planning. New foods should be introduced in small amounts and not too frequently. In considering preferences, remember that nutritive needs are highly important. Consideration for individual preference should not mean denying certain foods to the rest of the family. Part of what is learned through sharing family meals is considering the desires of others. Catering to individual preferences may create problems. One mother with five children varies the preparation of potatoes to meet the preference of each child. When she serves potatoes, to satisfy her family she must prepare them in five different ways for one meal!

A meal should be planned to meet the situation. When time is limited, meals can be served simply. For special holidays, decorations or special foods are usually added. If guests are invited for a meal, the menu might include garnishes or foods not usually used for family meals. However, entertaining guests does not necessarily mean that meals must be so special that the family budget is thrown for a loss! Why is this true?

Family meals should be interesting and attractive. In planning a meal, try to imagine how it will look on the plate. The appearance of food has much to do with its appeal. Even the simplest of foods, if they are well prepared, well seasoned, and served attractively, can be tempting to the appetite.

Color makes a universal appeal, but color schemes in food should be natural and not overdone. Food has a natural pleasing color of its own. When planning around the Basic-Four food groupings, you will find that it is not difficult to introduce color into meals. An example of a colorful meal within the Basic-Four requirements consists of a meat, a green vegetable, a yellow vegetable, and a tomato salad.

A colorless meal might include creamed codfish, mashed potatoes, and buttered cauliflower. If a family found that they needed to use these particular foods in combination to avoid throwing them away, they could make changes that would give the meal more color. Instead of mashing the potatoes, they could be baked in their jackets. Parsley could be added to the buttered cauliflower. Or if mashed potatoes were left over from a previous meal, they might be combined with the codfish to make codfish balls. The cauliflower could be served with cheese sauce to which parsley had been added. A more obvious way to add color would be to substitute for the cauliflower a more colorful vegetable, such as carrots or beets. Potatoes baked in their jackets would fit in well here.

Contrast in foods is important. The texture, softness, crispness, dryness, and moistness of foods should be varied. Avoid planning meals containing all boiled, all creamed, or all dried foods. Using different foods that are similarly shaped is also undesirable. A patty of ground beef, boiled new potatoes, and stuffed baked tomatoes served together are too much alike in shape to be interesting.

The enjoyment of food can be increased by contrasts in flavor. Usually not more than one strongly flavored food, such as cabbage or onions, should be served at the same meal. Using the same flavor more than once at a meal is poor practice. For example, to serve at one time tomato soup, sliced tomato salad, and a tomato sauce on the meat would provide less interest than



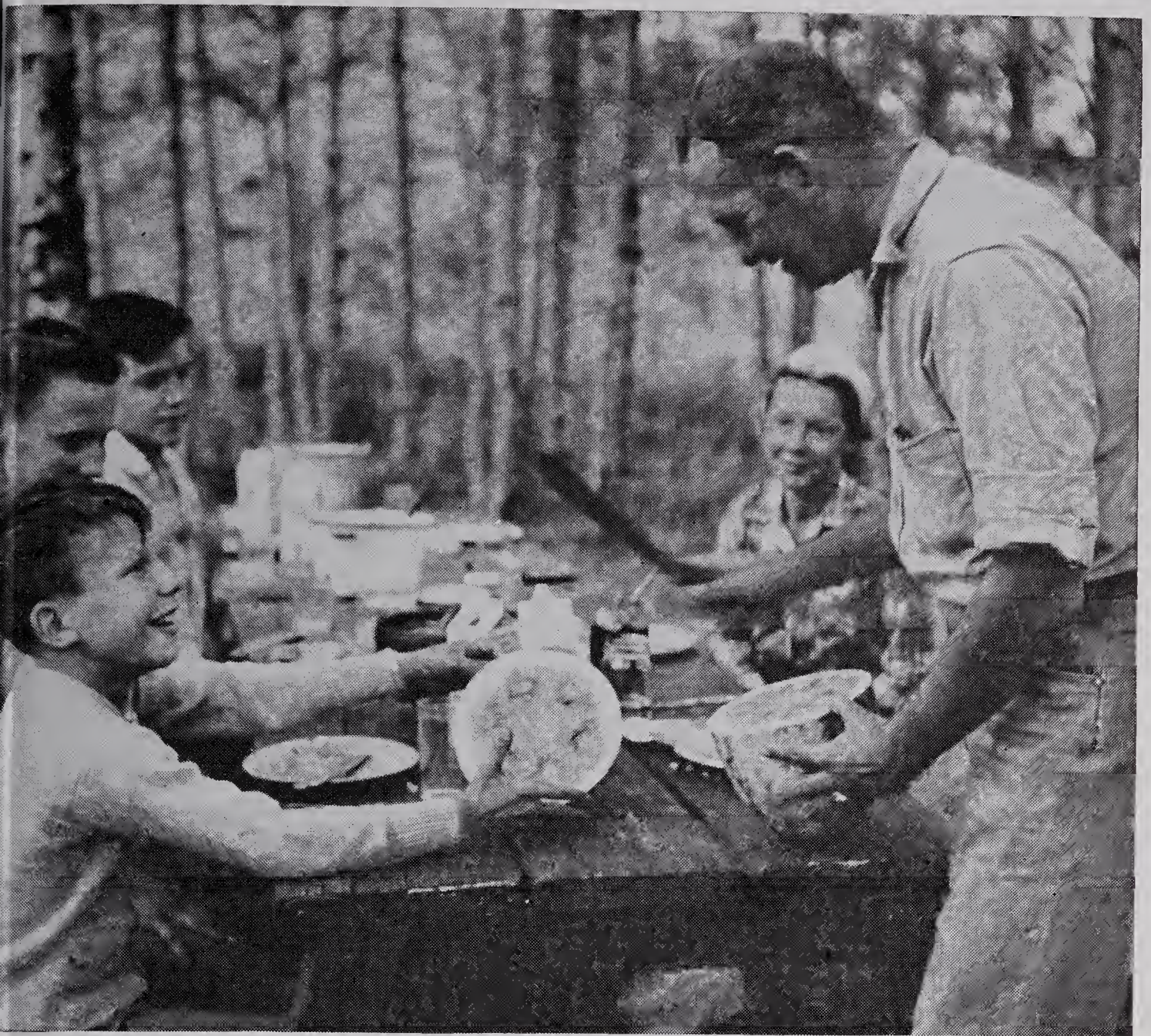
Du Pont Co.

At mealtimes, families can enjoy each other's company. Candlelight and tablecloths are not always necessary, but cheerful dispositions are.

would a variety of flavors and colors. Can you think of further disadvantages in repeating color or flavor? For example, have you been to a Halloween party where the food was colored orange? If so, what was your reaction?

Psychologically, a contrast of hot and cold foods adds to the interest of a meal. Then, too, the temperature of food is related to the season. In cold weather, most foods are served hot with a few cold foods added. In hot weather, we reverse this by serving the major part of the meal cold and the remainder hot.

Each season produces characteristic foods which are most appealing and at their best flavor at that time. From the stand-



Standard Oil Co. (N. J.)

Somehow food tastes better on a picnic—at least to the youngsters in a family. The relaxed atmosphere means that table manners can be informal.

point of cost, flavor, and interest, menus should reflect the season of the year.

In planning menus, foods of the same type should not be repeated in the same meal. For example, do not serve too much starch, such as potatoes with a casserole of macaroni and cheese; too much fat, such as ham (50 per cent fat) with mincemeat pie; hot breads with the main course and cake for dessert; or biscuit-topped chicken pie with strawberry shortcake for dessert.

The management aspects of meal planning should be considered. No matter how attractive and delicious a meal may be, if it has required extensive expenditure of time and effort, it

will not give complete satisfaction. The following managerial pointers should be considered when planning each meal:

- 1** Consider the length of time available to prepare a meal. Check the preparation and cooking times for all foods included in the menu.
- 2** Decide which foods can be prepared ahead of time to balance those that must be done at the last minute.
- 3** Plan to serve foods which, if they are to be baked, will require the same oven temperature. Only a certain number of foods can be prepared at one time either in the oven or on the top burners of the stove.
- 4** Consider ways that the co-operative efforts of the family can be best used for the meal planned.
- 5** If guests have been invited, plan a meal that can be prepared beforehand as much as possible, so that some time can be spent with the guests just before dinner. Some homemakers like to plan all of their meals in this way, since, before starting to prepare the evening meal, they are able to be with their family when they come home from school or work.
- 6** Remember that preparation is not the only aspect of time management in planning meals. A certain amount of time must be allowed for setting the table, for serving, and for cleaning up. The best course to follow is to clear and clean up as you prepare your meal. Usually the table can be set ahead of time.
- 7** Consider the china and silverware that are available, the number of courses to be served, and the problems that may be encountered in serving. If possible, plans for serving should be made to avoid leaving the table too often. Remember the convenience—though higher cost—of using paper goods such as napkins, place mats, and guest towels. Plastic place mats can be cleaned easily after each meal. A wheeled cart is useful to hold dessert plates and coffee cups in readiness.
- 8** Remember to make plans for meals when the family may not be eating together. Breakfast, for example, might be eaten at different times by family members, or one member might eat lunch alone at home. Plan to prepare and store in the refrigerator foods which meet nutritive requirements yet

can be eaten with little or no preparation. For lunch, a gelatin vegetable salad could be prepared ahead of time and stored in the refrigerator. Adding sliced cheese, milk, bread, and fresh fruit would make a balanced meal.

Does the way food is served make a difference?

Today you can find an almost unlimited range of choice in table coverings, china, and silverware. Tablecloths, place mats, and table runners are available in linen, cotton, and synthetic fibers or combinations of these. Paper and plastic materials have come into wide use.

If the table top is in good condition, place mats or runners are convenient to use. They reveal the attractive table top and, if they are made of cloth, are easily laundered. If the table top is not attractive, it is much better covered and a tablecloth is preferable.

Napkins can match the tablecloth or the place mats, or they can be of a contrasting or harmonizing color. Whether to use cloth napkins or paper napkins depends on which is available and on the amount of time and the facilities needed for laundering. Napkins should be clean, convenient, and attractive and should harmonize with the dishes being used.

Keep the table setting simple and attractive. A good general rule for laying a tablecloth, a bridge cloth, or place mats is to follow the lines of the table. For example, a bridge cloth is placed squarely on the table rather than at an angle; a place mat is laid on the side rather than across the corner of a table. The same rule would apply to the placement of napkins. For convenience, the napkin is placed at the left of, and parallel to, the fork.

The placement of dishes and silver, although it is somewhat determined by custom, has as its foundation convenience and attractiveness. Today it is considered unnecessary to use extra pieces of china, glass, or silver for display. Everything on the table should have a real purpose: china, glass, and silver for use; the centerpiece for interest and beauty or, if it is made of fruit, may be part of the meal.

Flatware is available in many materials and at different price levels. Stainless steel, plated silver, and sterling silver are most

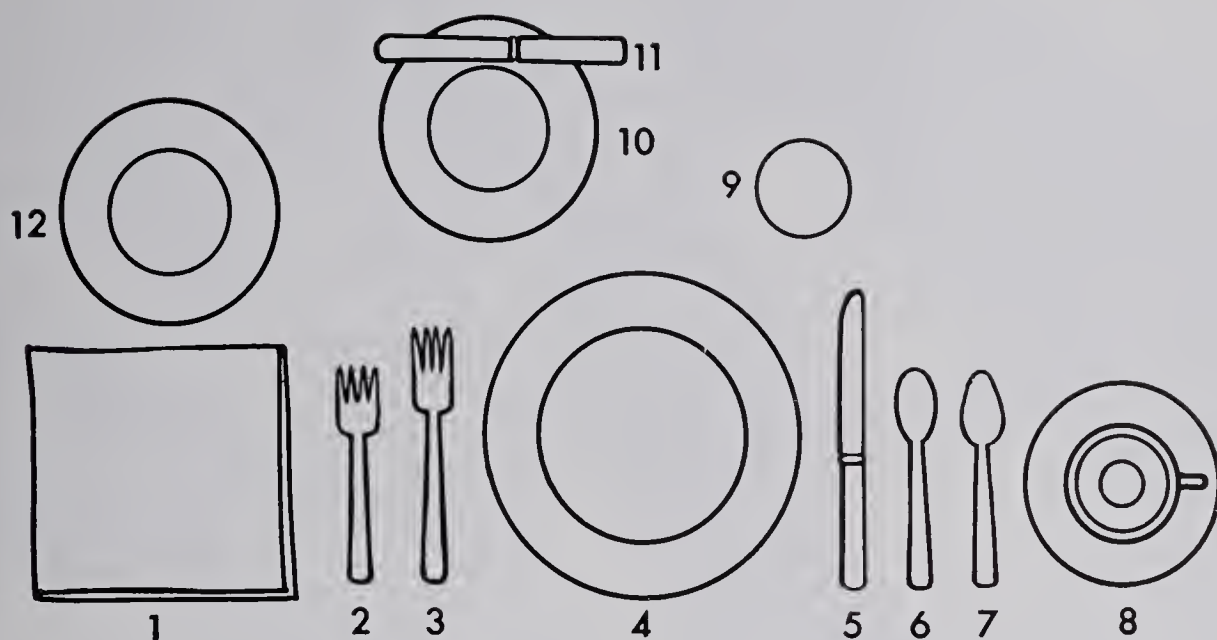
common. Some families prefer to spend less for flatware, using the money for other more-needed items in the home.

When setting the table, place the flatware about one inch from the edge of the table. By doing this, it will not be disturbed as the individual sits down. For convenience in cutting, flatware usually is laid with the knife at the right of the plate, the cutting edge turned toward the plate. To balance the knife, the fork is placed at the left of the plate where it can be picked up by the left hand to hold the food cut with the knife held in the right hand.

An extra fork for salad or dessert is placed at the left of the dinner fork. Manufacturers of table silver are now making a fork that can be used for either salad or dessert. Many families use the dinner fork for both the main course and the salad. If the dinner forks are to be used for dessert, they can be collected when the table is cleared. They can be washed quickly in hot, soapy water and used again for dessert. Spoons, because they are held in the right hand, are placed at the right of the knife. Again for convenience, the water glass is placed at the tip of the knife, allowing space to the right of the glass for a glass of milk or for a cup and saucer.

Silver is laid in the order in which it is to be used, working from the outside in, toward the plate. For example, if soup is to be served as a first course, a soup spoon is placed at the right of the knife and teaspoons. If butter knives are used, they are placed either horizontally on the top of the bread-and-butter plate or vertically on the right of this plate. For convenience, the fork and spoon are sometimes placed together at the right of the plate if knives are not needed.

Dishes are available in a wide range of materials, colors, and shapes. They may be used in sets, with all dishes of the same pattern and color, or various colors may be combined. Some sets of dishes include three or four harmonizing colors. If extra dishes are needed, they can be chosen in materials or colors that harmonize with the rest of the dishes. Extra plates of either bread-and-butter-plate or salad-plate size are convenient. They can be used interchangeably as salad, bread-and-butter, or dessert plates. You can create an attractive table setting by



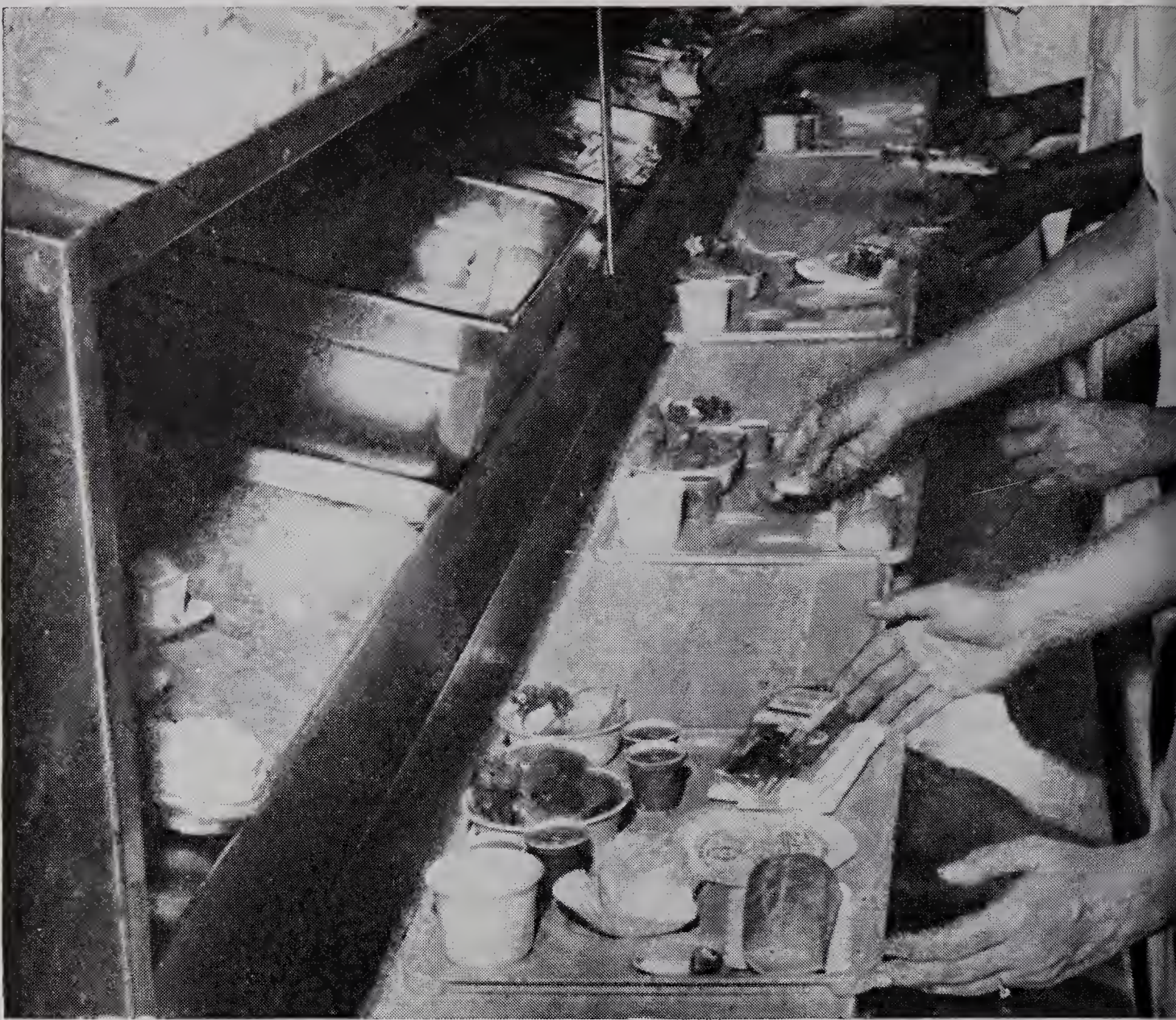
Here is one way a table is set: 1. Napkin. 2. Salad fork. 3. Dinner fork. 4. Plate. 5. Knife. 6. Dessert spoon. 7. Teaspoon. 8. Cup and saucer. 9. Glass. 10. Bread-and-butter plate. 11. Butter knife. 12. Salad plate.

mixing as well as matching dishes with an eye to harmony in texture and shape.

The cup and saucer are placed at the right of the plate. If a salad plate is used, it is placed at the left of the plate. If bread-and-butter plates are used, they are placed at the tip of the fork. Individual vegetable dishes are used less frequently now, but when they are used they are placed directly at the top of the plate. Small bowls or dishes of semiliquid foods are usually placed on a plate a little larger in diameter, to allow for spills and to provide a space for the soiled spoon. When you wish to save time and number of dishes, the use of these service plates, or underliners, may be eliminated.

Serving dishes, if placed on the table, are set before the person who will serve or are arranged in the middle of the table. A serving spoon or fork is laid beside each serving dish or all are placed in a row before the person who is to serve.

The best service for meals is based on ease and convenience. There are many appropriate ways to serve food. Customs or rules for serving have grown out of convenience and common sense and are subject to any change that will help to produce smooth, easy, and pleasant service.



American Airlines

When space is limited, take a tip from the airlines. Notice how every detail has been planned.

Most meals are planned and served in courses. Because separate courses may mean spending more time and effort, however, courses can be combined. Service should be planned so that the mechanics of serving do not become overly important. And service should not take so much time that hot foods become cool and cold foods become lukewarm.

An important part of serving is meeting the needs and wants of each individual at the table. However, this should not prevent the host or hostess from having time to enjoy the meal. No family member should have to eat standing up in the kitchen or leave the table frequently to attend the rest of the family. Eating in this fashion is not healthful, and it encourages, in the rest of the family, a lack of personal responsibility and consideration for

others. Serving is another opportunity to share family experiences, benefiting all members and exploiting no one.

Food may be served on the plates, then brought to the table; or it may be served from serving dishes at the table. In families with growing children who might want more than one serving, food is placed on the table in serving dishes so that each person can serve himself. This practice does not waste food, for each person can take only as much as he feels able to eat.

If the food is placed in serving dishes before the member of the family who will serve and pass it, a family may have a customary procedure as to which person shall be served first. Guests may feel more at ease in this situation if the person serving indicates for whom the plate has been prepared. For example, in one family the mother is served first; in another, guests are served first.

Serving the food directly on the plates rather than in serving dishes usually speeds up serving considerably and is a way of saving on dishwashing. Often this form of service is used in combination with other forms. For example, the father may serve the main course at the table, but dessert may be already prepared in individual portions for convenience in serving.

Serving and clearing of dishes is safer and more convenient when it is done to the left of the seated person. Using the left hand when placing or removing dishes makes it easier to do a skillful job of serving. You will notice that, as a rule, waitresses in a hotel or restaurant follow this procedure. Can you think of reasons why this is true?

Good manners are based on showing consideration for others. Behavior in any social situation is usually based on showing consideration for the comfort and feelings of others. Manners begin at home. It is through the everyday practice of thinking of others that good habits of social behavior are best developed. When these habits have become a part of the individual, he does not need to worry or usually even think about what is correct or acceptable.

Customary modes of social behavior have grown out of this feeling of consideration for others. Rules of social etiquette which have proved to have no real foundation in bettering rela-

tionships with others have gradually fallen into disuse by most people. As you consider some of the following rules for acceptable behavior, it might be interesting for you to think of reasons that may be the basis for them.

Sitting at the table. As the family prepares to sit down at the table, younger members should check to be sure there are enough chairs for everyone. Sometimes, at the last minute, the meal is delayed while someone brings chairs. Whether at home or elsewhere, everyone should sit down at the same time. If some members of the family arrive at the table before the others, they can stand quietly behind their chairs until everyone is ready.

Women first. The boys in the family can learn how to seat women correctly and easily. Practicing this at home helps them to develop ease and self-confidence that will be of use to them in similar situations away from home.

Individual responsibilities. Each family member can take the responsibility for passing food to others. Because the mother often prepares the plates for younger family members, they sometimes forget, when they are older, to think of the wants of others. Younger members, too, should learn to offer food to those next to them before helping themselves.

Good habits to learn. Some eating habits have an influence on how well family members will be accepted socially. These habits should be developed and practiced at home. They include chewing with the mouth closed, talking when the mouth is empty, avoiding noises when eating, keeping elbows off the table, and eating slowly. If the family does not build acceptable habits of behavior at home, they will find it more difficult to develop such habits when they are away from home.

Table conversation. Conversation is a significant part of meals. It should be interesting, stimulating, and conducive to good digestion and absorption. All members of the family can learn to participate without any one of them monopolizing the conversation. Even the youngest child can have a share in the enjoyment of talking and eating together. Because children often need more time to phrase their sentences, other members should be patient with them, not do the talking for them. Family meal-time is an excellent time for family members to acquire the art of

sharing in conversation without interrupting others. They can learn to introduce topics of real interest to the rest of the family.

Negative remarks about food should not be permitted. If a family member does not like a particular food, he can learn to take his trial bite and leave the rest without talking about it. Expressing your feelings towards a food while at the table is not considered desirable. What might be some reasons for this rule?

Leaving the table. Sometimes a busy member of the family must leave the table before the rest are finished. That person should take his plate to the kitchen so that soiled dishes are not left on the table. Usually the younger children find it difficult to sit quietly after they have finished a meal. This is true especially when conversation is concerned with topics that are interesting only to the older people.

Young children may usually be excused from the table when they have finished eating. By teaching them to ask to be excused, the mother can be sure they have really finished. Youngsters learn, in this way, that they should consult the hostess if they must leave the table before a meal is finished.

How does hospitality contribute to family well-being?

Entertaining friends at home is one of the most pleasant of experiences in family living. A child who grows up in a family where friends are frequent, welcome visitors has more opportunities for adjusting easily to many types of personalities. At one time, people thought that guests should be greeted with an elaborate meal, using the best linen and china. In fact, many homemakers did little entertaining because they felt that too much effort and expense were needed to clean the house and to prepare and serve an elaborate tea or dinner. Nowadays, people are more likely to entertain simply, inviting only a few friends at a time.

The essence of real hospitality is the genuine desire to create a pleasant occasion for friends. This means understanding the particular needs of the people you wish to invite and planning the form of hospitality accordingly.

For example, a group of young people would undoubtedly enjoy an informal buffet supper in the yard, with wieners and

baked beans on the menu. They would probably be happy to help you with serving the food and cleaning up, and would not mind if some of them had to sit on cushions.

On the other hand, if older people are to be invited, you would be wise to be sure that the menu includes attractive but easily digestible food, that there are comfortable chairs for everyone, and that everyone has an opportunity for quiet conversation and entertainment.

If there are young children in the party, they should be especially remembered, not only in planning the menu, but also in making sure that they have games or books to entertain them.

This interest in the enjoyment and comfort of others, rather than concern with your ability to put on a good show, contributes to the family's enjoyment of entertainment.

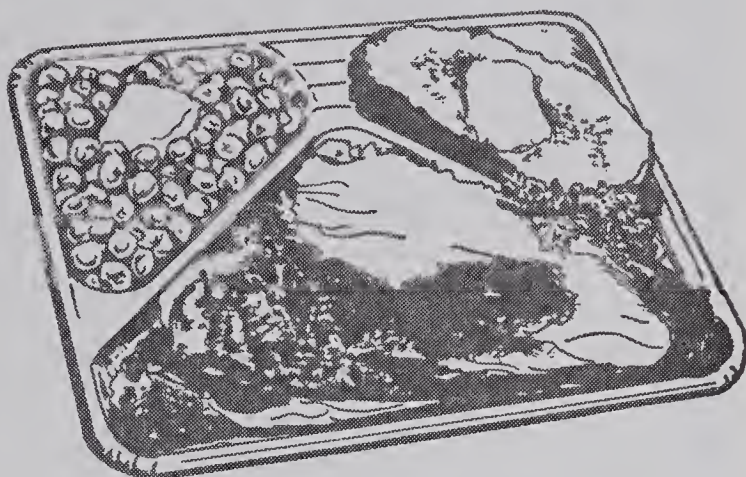
Plans for hospitality are best made with the family's co-operation. Guests can be of interest to the whole family, especially if they are relatives or old friends. At times, individual members of the family invite personal friends for special events. Whatever the occasion, it usually works out best when the entire family knows about it and arrangements are made beforehand.

If the mother is inviting friends to morning coffee or to lunch, the rest of the family can co-operate by being more careful than usual to keep the house neat and attractive. If the high school daughter is having friends in for an evening, other members of the family can arrange for her to have the use of the living room and kitchen. If the six-year-old is having a birthday party, he will enjoy helping his mother with some of the preparations. It is always important that every member of the family should feel responsible for the comfort and enjoyment of one another's guests.

You may sometimes be in doubt as to which rules of etiquette to follow for certain social occasions. Remember that the purpose of a rule of etiquette is simply to help you show courtesy and consideration towards others. If you are wondering how to behave on certain occasions, think how you would like others to behave towards you. This will usually help you to find a solution which will demonstrate your thoughtfulness and put you at your ease.

Successful hospitality depends on good management.

Intelligent planning and managing are important, whether you are entertaining a few friends for coffee, holding a wedding reception, or having a community picnic. First decide who to invite; then pick the form of hospitality. Finally plan the party so that everyone, including the host, enjoys himself.



Frozen dinners can be quickly prepared and served when you have guests watching television.

A tea or coffee hour is a simple and pleasant way of extending hospitality to friends. Invitations may be verbal or by informal note, and the affair may be held in midmorning, afternoon, or evening. Place the chairs in group arrangements to promote easy conversation. Tea or coffee with cookies, sandwiches, or other simple food, served on an attractive table, will be sufficient refreshment. If the group is large, arrange to have two people pour the tea or coffee and let guests help themselves to food.

A dessert party is another simple way to entertain friends. Some activity may be planned for the rest of the evening, perhaps showing vacation slides, listening to hi-fi records, playing cards, or watching television. A congenial group of guests, an attractive dessert and hot coffee, comfortable chairs, and relaxed hosts—all will help to make a success of the party. The dessert need not be elaborate. This may be a good time to serve your favorite dessert, although many people really prefer fruit with cheese and crackers.

Buffet meals are ideal for group luncheons, suppers, and receptions. When well planned, they free the hosts to give more time to their guests, and the informal service helps the guests to get acquainted. For a simple luncheon or supper, plan to serve a salad, rolls, and a beverage to accompany a hot casserole dish from which individual portions may be easily taken. Dessert should also be in a form that is simple enough for each guest to help himself. A suitable menu for a supper buffet might be



New York State Colleges of Agriculture and Home Economics

A tea or buffet supper should be planned for easy service.

The more simple the arrangements, the more time the hostess has to be with her guests.

baked ham with pineapple, scalloped potatoes, tossed salad, relishes, hot rolls, angel food cake, and coffee. Plan other menus to suit different groups of people.

Place the buffet table where guests may pass it conveniently, yet have it near enough to the kitchen that soiled plates can be easily removed and food supplies can be replenished. The table is usually most conveniently placed in the center of a room, but if this is not easily managed in a small room, it will be better placed against the wall.

Arrange the service plates and food in the most convenient order of use. Place trays first if they are to be used, then the plates. Place napkins and silverware in convenient positions, with glassware last in order.

An attractive table can add much to the success of the party. A simple flower centerpiece, a bowl of fruit which may be used later for dessert, or an original arrangement to illustrate a definite theme are all suitable for decoration. They should be planned to blend with the color of the food, the dishes, and the tablecloth or table surface.

If the table is not large, the water pitcher and glasses may be placed on a nearby table. During the course of the meal, empty dishes should be removed to keep the table neat and attractive. Plan a method for easy collection of individual plates and silverware as people are finished with them. Stack the soiled dishes in the kitchen, and keep some space available for refilling dishes and making coffee.

Outdoor meals and picnics are becoming increasingly popular as a way of entertaining, but careful planning and preparation are necessary if they are to be successful. A picnic in a nearby state park or at the beach is fun, but a picnic in the backyard or on the porch can be just as pleasant and may be easier to manage. Many modern homes have an outside fireplace. But a small, portable charcoal stove is sufficient for a family group if the menu is carefully planned.

If your family enjoys eating outdoors, keep a picnic basket equipped with unbreakable or paper dishes, paper napkins, a tablecloth, towels, salt, pepper, and sugar. Picnic food should be of the kind that can be prepared beforehand and packed without damage or that can be cooked quickly in the oven. Combining both types of food in one menu makes a better picnic lunch. If frozen or raw vegetables are to be cooked, a Thermos jug of hot water should be taken along to reduce cooking time.

If dishes are packed in one basket and food in another, the load will be divided and the final preparations will proceed faster. Spreading the outside surfaces of kettles and pans with liquid detergent will make them easier to clean after using them.

Here is a sample menu for a family picnic:

Hamburgers
Succotash
Tossed salad
Rolls
Cookies and fruit
Coffee and milk

Shape the hamburgers ahead of time and keep them in the refrigerator until time to pack them. Butter the buns before leaving. If hot water is included for cooking the succotash and

making the coffee, the meal will not take long to prepare after the fire is started. The cookies and fruit will be ready to eat without preparation.

If cooking is not possible, a Thermos jar of beef and vegetable stew could replace the hamburgers and succotash. Another alternative is ham sandwiches with carrot and celery strips and a Thermos bottle of vegetable soup.

Picnics can be fun all year round. A family that takes time out to enjoy themselves in this healthful way will build happy memories for later years.

A party for young children can be as much of a treat to the grownups as to the little people. Sometimes adults treat the event too elaborately, not realizing that the simplest food and festivities can make a gala affair. Generally, a children's party should be small, unless several adults can help. Two or three guests of preschool age are the ideal number if only one adult is available to take care of them. The best time of day to give the party is during the morning or afternoon when both host and guests are rested and fresh.

Food should be simple, similar to the children's everyday meals. Table decorations should be brightly colored and simple, and some should be removable so that the young guests may take them home. All decorations on food should be edible.

The following menu is suitable for a birthday party:

Peanut butter sandwiches
Lettuce sandwiches
Sponge cake with strawberry frosting
Cookies
Milk

The cake, complete with candles, would form the centerpiece. The cookies, cut in animal shapes, would be placed before each guest as simple favors. A pretty paper tablecloth (placed over a plastic cloth), paper napkins, and brightly colored mugs and plates make an attractive setting that would not be greatly harmed if milk were spilled by accident. If low chairs and table are available, the children will be more comfortable. Otherwise, placing on ordinary chairs three or four large magazines covered



*Children will enjoy a party more if there are not too many guests
and if food and favors are simple.*

by a chair pad will let the children sit at a comfortable height for a table of ordinary size.

Plan to have a quiet game immediately before the meal, so that the children do not come to the table tired and excited. Towards the end of the meal, a singing game or a story appropriate to the decorations or the occasion helps the slow eaters to finish without hurrying and the impatient fast eaters to relax. The most important thing is to serve simple foods attractively, avoiding new and different textures or flavors. Choose finger foods as far as possible; for example, serve ice cream cones rather than dishes of ice cream. Use mugs and plates that are attractive but are not prized family possessions.

Entertaining large groups requires careful preplanning. Sooner or later, most families are faced with the responsibility of

planning and preparing food for a large group, whether it is a wedding reception, a special family party, or a community supper for boy scouts, the P.T.A., or a church organization.

If the affair is to be at home, estimate the largest number that can be accommodated comfortably and then plan within that figure. Nothing is more uncomfortable for guests or frustrating for hosts than to find out that a pleasant party has become overcrowded. If the family want to invite more friends than the home will hold, they can usually hire a community hall or a church hall at small cost. A private room in a restaurant or hotel is more expensive, and usually the refreshments must be purchased there.

When the number of guests and the place have been decided upon, the menu can be planned. If the food is to be prepared at home, a simple menu will save time and labor.

For *a home reception*, in either the afternoon or evening, the menu may be extremely simple. Serve one or two varieties of sandwiches and a selection of cookies or cake and ice cream. Tea and coffee or punch are the most suitable beverages. Since many people prefer sharp or pungent flavors to sweet flavors, the sandwich fillings should be planned to provide for both types. In addition, crackers or similar tidbits can be served along with the nuts and mints. Allow two small sandwiches and two cookies for each person. Keep extra cookies and crackers available but unopened until needed. If you have a freezer, extra sandwiches and cookies can be stored for future occasions.

The success of a reception lies, not in the variety of food served, but in the opportunities the guests have to meet their hosts and other guests. The ease with which they are served and the beauty, however simple, of the surroundings add to the pleasure of the guests. A focus of all eyes is the large beautifully spread table. The cloth and centerpiece should be attractive; the cups and plates should be carefully arranged before the person who is to pour the beverage; the food and napkins should be placed conveniently for the guests. The center of attraction, of course, is the group made up of the hosts and guests of honor, who should place themselves in a part of the room where everyone can greet them easily.

Guests do not usually stay longer than from 20 to 40 minutes at a reception, to make it possible for many people to come and enjoy themselves in comfort. A reception is unlike other social situations where guests are expected to take leave of their hosts personally. At a reception, if the hosts are occupied with other newly arrived guests, a guest before leaving may extend thanks to another member of the family or to a friend who is helping out.

Community suppers, school banquets, and group picnics are popular social functions. These affairs can be enjoyable if they are well organized and if everybody works together. They do require considerable forethought, since they usually must be prepared at low cost and with volunteer help. Committees, each with a chairman, should be appointed to do different jobs. The following committees allow a good division of labor:

Planning and marketing committee

Budgets the money to be spent, selects the menu and recipes, and purchases the food. Recipes should be planned with the cooking committee. The bills often are paid after the affair.

Cooking committee

Cooks and prepares the purchased food. This committee is responsible for seeing that all necessary utensils and serving dishes are available.

Serving committee

Is responsible for decorations, table setting, chairs, greeting guests, and serving food.

Clean-up committee

Has the responsibility for clearing the table, washing the dishes, and leaving the kitchen in good order.

The chairman of each committee should work with the general chairman responsible for all the arrangements to be sure that nothing has been forgotten and that there is enough time, money, and help to do everything that is planned. If a meal is to be prepared for profit, the price is often set at double the cost of materials. Most important are careful preplanning, picking an appetizing and suitable menu, and efficient management. If, in addition, the service is neat and attractive, a hearty welcome is extended to guests, and a thorough clean-up is made, the affair will be a success.



State of New Jersey—Cooperative Extension Work in Agriculture and Home Economics

Important to the community supper or school luncheon is careful organization. Committees are helpful in planning and doing work.

Expressing hospitality, therefore, follows these same basic rules whether you are having a guest in for morning coffee or are sharing the organization of a large community dinner:

- 1 Plan the hospitality to suit the tastes of the person or persons being invited.
- 2 Select a form of hospitality that can be managed without undue labor or expense.
- 3 Select an informal affair, such as a dessert party, a picnic, or a coffee hour, whenever one is appropriate. Invite guests for a special occasion, and be sure they know what type of entertainment you have planned.
- 4 Plan a simple, attractive menu which will leave you free to entertain your guests.
- 5 Make the service attractive, but use a minimum number of dishes.
- 6 Plan ahead carefully so that nothing is forgotten.
- 7 Organize the cleanup as carefully as the party.
- 8 Remember that the guests are of first importance, not the entertainment.

- 1** Mr. and Mrs. Jones and their children—Tom, aged seventeen, Margaret, aged fourteen, Elizabeth, aged twelve, and Jimmy, aged six—find it difficult sometimes to enjoy a meal together because their interests and activities are so different.

Here are some suggestions which may or may not help them enjoy eating together. Which suggestions will help them? Give good reasons for your answers, and add further suggestions for helping families to enjoy meals together.

- a** Mrs. Jones is careful to plan the food preparation so that meals are served at the expected time.
 - b** Each member of the family takes some share in preparation, service, and cleanup.
 - c** Jimmy eats his meal in the kitchen before the others have their meal.
 - d** Family members exchange the day's news at the dinner table.
 - e** Jimmy is encouraged to take part in the conversation.
 - f** Easily cleaned mats, paper napkins, and a minimum amount of dishes and silverware are used at the table.
 - g** The family members serve themselves from dishes placed on the table.
 - h** Each member leaves the table as soon as he has finished his meal.
 - i** Either Mr. Jones or Tom seats Mrs. Jones at the beginning of the meal.
 - j** Periodically a guest is invited to dinner.
 - k** Service is planned so that only one or two family members need leave the table during the meal.
- 2** Don and Mary are newly settled in their small apartment in a community strange to them. Both have jobs. They have little space or equipment, and neither knows much about homemaking. They are eager to make friends. Discuss the following plans. Give reasons why you think some of them may be successful; give reasons why you think others may not be successful.
- a** They plan a dinner party for Don's boss and his wife, using a fairly elaborate menu found in a magazine.
 - b** They invite four new friends to a dessert party, to be followed by canasta.
 - c** They offer to help at a church supper and to take on the chairmanship of the planning committee.
 - d** They accept an invitation to work on the serving committee of a community party for children.

- e Mary has a small coffee party for women friends from her office.
 - f They plan a simple buffet supper for several friends, including Don's boss and his wife and Mary's boss and her husband.
 - g They invite some friends to join them on a picnic.
- 3 Choose one of the activities above which you think might be successful, and outline suggestions for Don and Mary as to (a) menu; (b) table arrangement; and (c) plans for management.
- 4 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

buffet meal
detergent

etiquette
food texture



Chapter forecast

Chapter 10

Why is it more economical to build houses in quantity than it is to build them singly?

Levitt and Sons



What facilities might be considered in the choice of location for a home?

Levitt and Sons



*Can your home have
individuality in a new
community like this?*

Levitt and Sons

*Why are recreation
facilities important in new
communities with many
homes?*

Levitt and Sons



Chapter 10

The value of a home is reckoned in more than money

The home provides the physical environment for family living. It is the place where families are together for an extended period of time. It is the place where every child has his first impressions of home, whether it is warm and welcoming or cold and uncomfortable. Some homes are a setting for family harmony, co-operative activity, and efficient housekeeping. Others give no consideration to individual privacy, beauty, or convenience.

Families differ in their choice of a suitable home. What suits one will not suit another. Most families, at some time, have to choose the home they will live in. Their choice depends upon many factors. The occupation of the principal wage earner, the size of the family, the activities of the various family members, the availability of housing, and family financial resources all must be considered. Also important are the location of schools, stores, and recreational facilities and the existence of satisfactory

measures of health protection. The decision as to where to live can be made only after careful consideration of all these factors.

No one way of financing a home can be considered the best way. Neither ownership nor renting is necessarily the most economical. Only after careful consideration of all the facts can a decision be made. This solution may not be the perfect one, but it should provide for a number of the features desired in a home. To get the maximum value from a house or apartment, the occupants must decide what they need, then make their plans as best they can to achieve this goal.

Ideas for action

1 Sources for study

Beyer, G. *Housing, A Factual Analysis*. The Macmillan Co. New York.

Carter, D. G., and Hinchcliff, K. H. *Family Housing*. John Wiley and Sons. New York.

Lewis, D. S., Burns, E., and Segner, E. *Housing and Home Management*. The Macmillan Co. New York. Chapter 5.

2 Divide the class into committees to study local housing. Have the committees present reports on (a) the number and condition of houses available; (b) rents and rent control; (c) the cost of available houses; (d) the quality of houses being built; and (e) local housing regulations and ordinances.

3 Have class members prepare and present a panel discussion on the relationship between housing and health and personality development. Follow the panel discussion with a general class discussion on the topic.

4 Working within a specific budget, each class member make a list of minimum essentials to furnish a small apartment for a newly married couple. Compute the cost of these articles by making a field trip to local stores and using mail-order catalogs.

5 Check the furnishings and equipment in your school homemaking department. Make suggestions for adding equipment. Find out how much this new equipment will cost.

- 6 Invite to class several young homemakers to debate the questions as to whether to rent or buy a house and whether to buy or build a house.
- 7 Take the test called "Home Values Test for Family Members," by Virginia Cutler, in Cornell Extension Bulletin 718, Supplement 1947, supplied by Cornell University, Ithaca, New York. Compare the results of your test with those of your classmates.
- 8 Write a short account of how you think the neighborhood in which you live may have influenced your activities and interests and your choice of a vocation.
- 9 Invite to class a person who has bought an old home and remodeled it. Ask him to talk on the labor and expense involved in the remodeling and the satisfaction he derived from the project.
- 10 Study your homemaking department to see whether it could be improved by remodeling.
- 11 Make a check list of points to look for when considering a house to rent. When considering a house to buy.
- 12 Take a field trip to inspect a house which the owners are for the most part building themselves. Find out the advantages and disadvantages of obtaining a home in this way.
- 13 Invite to class a person in your community who deals in home loans. Have him discuss the factors to be considered before purchasing a home, the requirements for obtaining a home loan, and how to judge what will be the total cost of a home.
- 14 Invite to class a local lawyer to help you investigate local legal procedures in housing regarding such points as property titles, zoning ordinances, leases, and rent controls.

Do acceptable standards for housing affect its cost?

When Bob and Mary Bowey began looking for a house after Bob came out of the service, they were disturbed about housing costs. It seemed that whenever they found a convenient, well-built house in a neighborhood that suited them, the payments were more than they could afford.

Bob's uncle, a real-estate dealer who, over the years had seen the community change from a village to a suburb, explained to Bob and Mary why good housing cannot be obtained cheaply.

He told them that public concern for health and welfare determines certain standards. Poor housing increases the risk of ill health and fire; it endangers life and property; and it may foster juvenile delinquency. Areas of poor housing can become sources of illness through water contamination. All of these conditions may decrease the property value of other houses in nearby neighborhoods.

Everybody has a stake in public aspects of housing. Since so many families are living in substandard houses, it is the responsibility of every citizen to work toward lower housing costs and the maintenance of standards for the good of the community. Local, state, and federal government agencies are responsible for promoting legislation directed towards improving housing conditions. Everyone should be aware of what is needed and should work toward it.

Individuals should know what is meant by good standards of housing so they can support worthwhile public programs and can influence the adoption of practical standards and controls. Every homemaker is affected by local and national laws relating to finance, building codes, zoning, and taxes. Therefore, every home owner and renter has the responsibility to inform himself as to what is best in housing and to decide what he wants most for what he can afford.

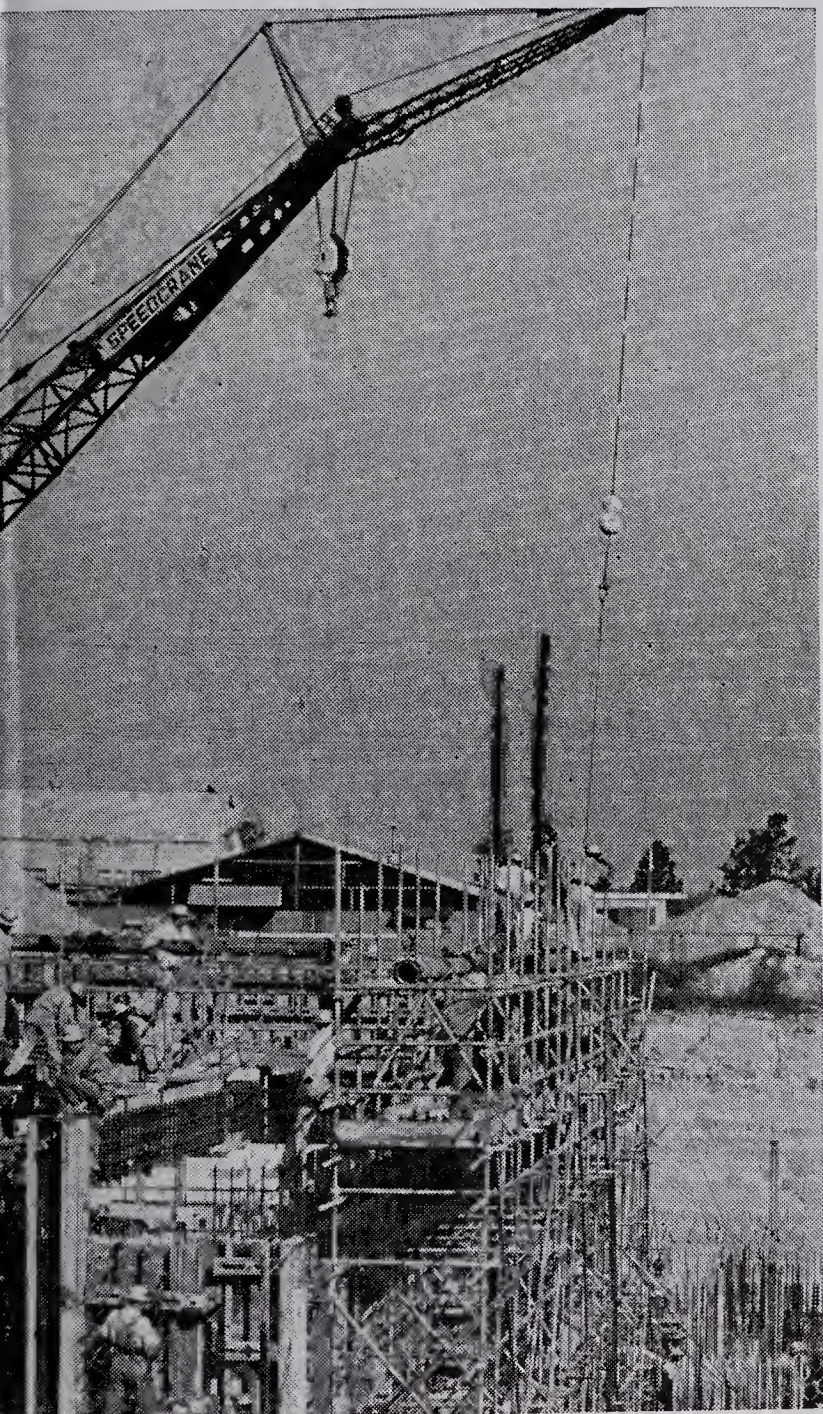
As Bob and Mary continued their search for a home, they thought about what their uncle had said. They found that not enough desirable homes, at a moderate price or rental, are available for those who need them. They began to realize that earlier marriages, a longer life span, and a rapidly increasing population have put demand for housing ahead of supply. They discovered that housing costs are high because labor and material costs are high. As they surveyed the possibilities in their community, they realized that many of the so-called moderate-cost housing units deteriorate rapidly unless they are carefully maintained.

After one or two encounters with overpersuasive salesmen, Bob and Mary decided that they needed to learn more about good standards in housing construction. They had to learn values in housing and how to carry out good maintenance practices so

they would be sure of obtaining the best value for their money.

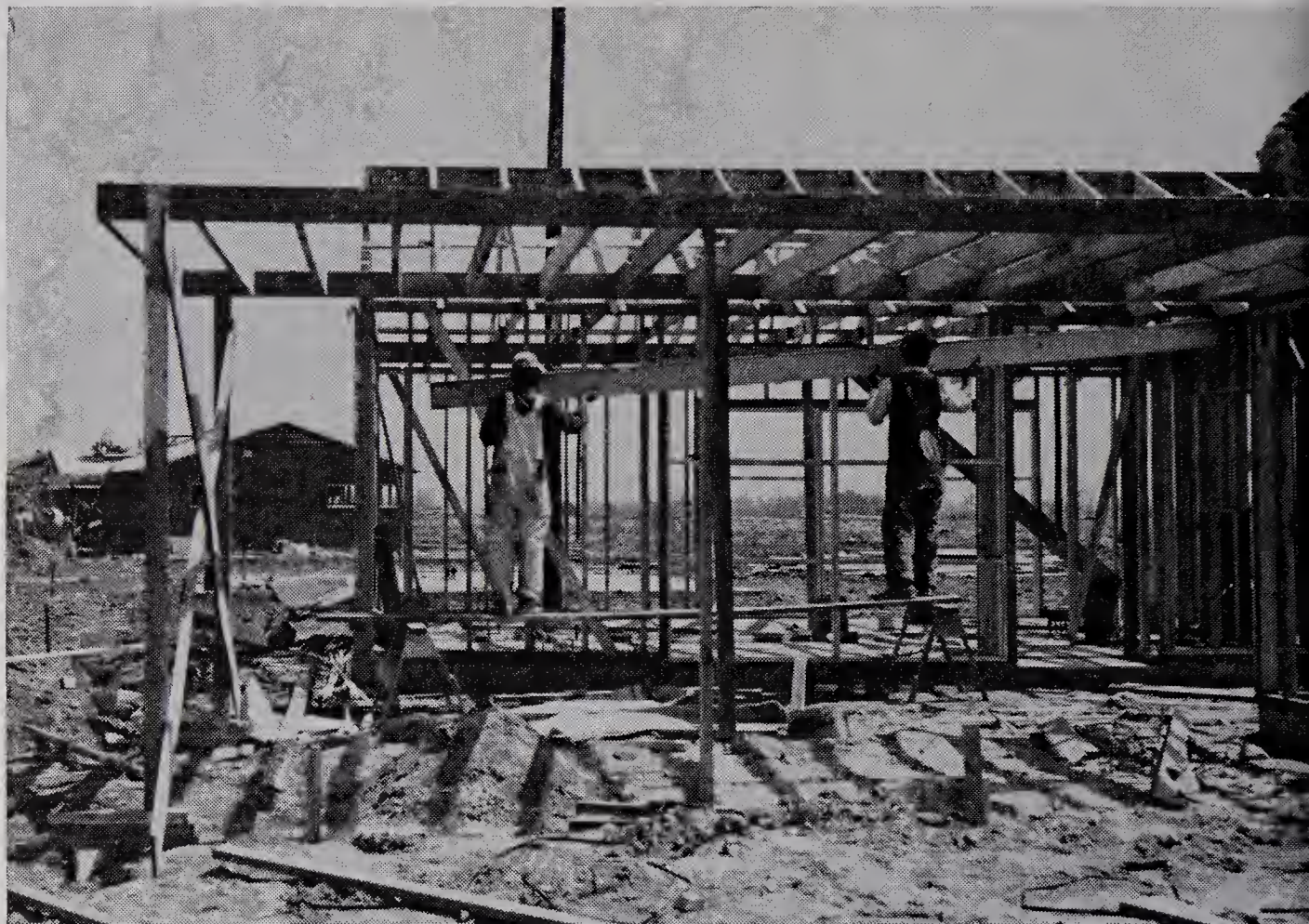
These are some of the points they learned as they read magazine articles and talked with reputable builders. Much of their information came from a meeting at their community adult education center where participants discussed the topic "What Makes a Good House?"

They found that a house should have as many rooms as there are persons in the household and that no more than two persons should share one bedroom. The usual standards of health require running hot and cold water, a private bath, and an indoor toilet. A means of heating the living quarters to a comfortable temperature is also required. Building standards include tight construction against weather, smooth floors, finished walls,



This is a public housing development being erected by a municipality to replace substandard housing. Through taking this responsibility, cities can avoid the social ills that result from poor housing.

Du Pont Co.



Levitt and Sons

Find out what responsibilities your community assumes for safe housing. Are there zoning laws, for example, which forbid the building of a factory next door to a group of homes?

and natural lighting. Even a cheap house should be built to last at least twenty years and preferably forty to fifty years.

Bob and Mary learned that every year more than a million people are injured or lose their lives in accidents in the home. Houses should be planned to prevent accidents as much as possible. This includes taking care and precaution in construction so that floors are level throughout each story, stairways are straight, handrails are placed where necessary, and heating equipment is installed correctly. Gas appliances and electric wiring must be installed according to approved methods and local regulations.

They learned that every year many houses are destroyed by fires originating from overheated stoves and furnaces, defective wiring, and other causes. Although it is not practicable to build small houses that are fireproof, building contractors can secure reasonable safety by using fire-resistant materials wherever possible and by adopting fire-safety practices.



How many safety hazards can you find in this picture?

National Safety Council

Health and housing are closely related. When considering the cost of a house, remember that health may depend on such things as a safe water supply, sanitary sewage disposal, sufficient natural and artificial light, sanitary food storage, an adequate heating or cooling system, and insulation. Bob and Mary learned that protected containers should be provided for garbage and rubbish and that walls should be constructed to keep out rodents and vermin. Now they were beginning to see that a good house is more than just beautiful.

Housing regulations are determined by law. One evening they were discussing their search with friends who had just bought an old house which they were remodeling to suit themselves. Because their friend Mr. Eisner worked in a law office, he was aware of local regulations about housing. For instance, before he started any extensive alterations on his house, he had to make sure he was not breaking a law.

They now saw that local, state, and national laws affect the cost of a house. For the benefit of the general public, certain controls in relation to housing have been established by law. These controls may apply to the homeowner, to the apartment

occupant, or to the trailer owner. They are necessary to safeguard the community. Regulations are usually set up by local legislation within towns and cities. They may be in accordance with state and federal requirements, or they may be independent. Most regulations do not apply outside city limits, with the result that serious hazards may prevail in some rural communities.

Some careless homeowners are saved from real danger only because certain requirements must be met. These include insurance protection, security for loans, and inspection before electric service is supplied.

City zoning laws limit the types of construction and the uses of property in a particular area. In built-up areas, construction must be as nearly fireproof as possible. Properties intended for different uses are zoned for different areas, so that residential sections usually are kept separated from industrial and commercial areas.

Citizens' group-planning commissions and city public works departments can do much to promote zoning regulations that will give the maximum satisfaction to families. For example, local regulations include the control of industrial waste near residences and of traffic routes near schools.

Building codes protect the homeowner. Most cities enforce building codes to regulate the kinds of materials, the type of construction, and the standards for utility installation in buildings. As a rule, these codes are necessary and for the public's benefit. None of us would want to live in an unsafe house. However, sometimes they are out of date regarding materials considered suitable for use, or they have been prepared by persons with limited professional knowledge.

Where zoning and codes are in effect, it is necessary to obtain a permit to build or remodel a building. The owner is granted permission if his plans meet with local laws. Inspectors have the right to see that these laws are being carried out.

The Boweys also discovered that land in some residential areas may be restricted as to the minimum cost for any buildings constructed there. This amount should be fully understood by the potential buyer before the actual purchase is made. The buyer should be sure, too, that the cost of improvements such



*A home for two won't always
fit three, no matter how loving
the family is.*

as paving, sewers, and water lines have been included in the purchase price. Any additional costs should be clearly understood and accepted by the purchaser.

Can wise planning help to keep housing costs down?

Bob and Mary Bowey were beginning to feel that to secure good value in buying a house was a skilled undertaking. They thought perhaps they should rent an apartment first, then look around until they saw a house they wanted. They talked to a couple who had rented a home for several years. This couple had thought several times of buying a house, but since the husband's job might take them to another part of the country at any time, they felt they should not assume too heavy an obligation in one community.

For some people, renting may have several advantages. It offers a family an opportunity to find out what is important to them in a home. They will know what to look for and what they will need when they are ready to buy a permanent home. Renting also gives an opportunity to try out a particular living situation to see if it is congenial. When the wage earner's job requires it, it is important, too, that a family be free to move to a different locality without having to sell a house. If they have bought a house, much of their capital may be tied up in it when they need it to obtain a house elsewhere.

Many people rent because they do not have enough money to make a down payment on a new home. Since World War II, home buying has been encouraged by the shortage of rental property and the low prepayments permitted for veterans. Houses bought in that way, often early in married life, are sometimes looked upon as temporary homes to be sold when the family wishes to become permanently settled.

Rental or purchase is determined by choice and availability rather than cost. No authoritative balancing of the costs of apartment living against the costs of owning and maintaining a home has ever been made. People who have experienced both say that ownership is more expensive for a considerable period of years and the responsibilities are much greater. Also, the labor involved in upkeep may be considerable if costs are to be kept down. If the house is soundly built, however, and is located in a desirable residential section, it will, after a period of time, be a debt-free, rent-free asset to the family. The major expenses will be taxes, insurance, and cost of upkeep.

Trailers are becoming a popular means of housing for both young couples and retired people. They are of particular value for migratory workers, servicemen, and students, although the present trend is toward buying for use in one location rather than for moving around. In some sections of the country, permanent trailer parks, with pleasant landscaping, have attracted many families.

If the trailer park provides water, sewage, and electricity and if the surroundings are well maintained, many people find this way of living satisfactory. The cost of a trailer is often within the means of a young couple, and careful planning of the interior can provide minimum but adequate space.

According to the latest census, approximately 55 per cent of the families in the United States owned their homes and 45 per cent were renters. Some families buy because they can find no suitable property to rent. Although renting is often regarded as a temporary means of obtaining housing, many families prefer it because it provides freedom from care of property and from possible financial loss. Renting is preferable for the family that likes change or the family in which the breadwinner's occupation requires frequent moves. At the height of a business boom,



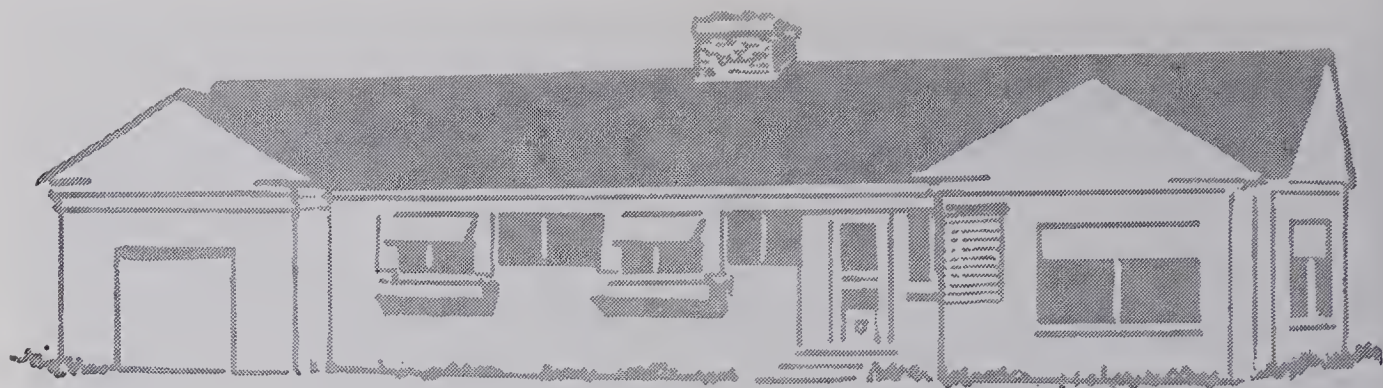
Du Pont Co.

Apartments are frequently more fitted to people's needs than a house would be. Can you think of some of the reasons why this is so?

when land and property values are high, it may be wiser to rent than to pay an inflated purchase price for a house.

In purchasing a single-family house, three choices are possible: (1) a used house, (2) a new, ready-built house, or (3) a house built to one's own requirements. The used house will probably provide the most space for the money. Both the used and the ready-built houses have the advantage of being available for careful survey before purchase. The house built to order gives the family an opportunity to satisfy individual needs and to express individual ideas.

Many young couples are doing some of their own home construction in order to save labor costs. With the guidance and assistance of someone with experience, a great deal of work can be accomplished and considerable money can be saved. It is important to remember, however, that all local building ordinances must be complied with and that usually skilled assistance

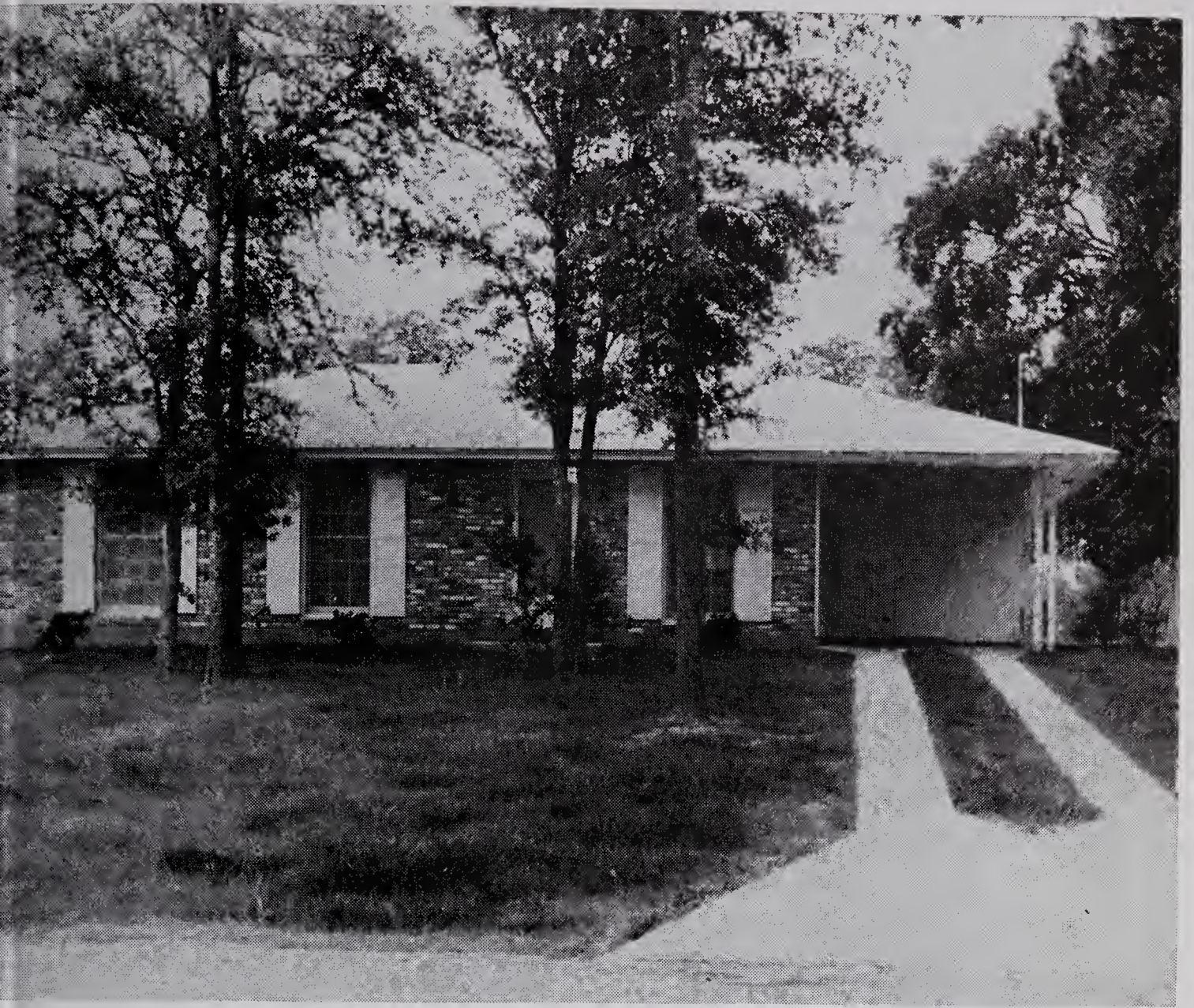


Not all families need the same kind of house. Even whole civilizations can be identified by their dwellings.

is needed for the installation of electrical wiring and plumbing.

Many people use ready-made plans for building their house. Some design their own house plans. Others employ an architect. Usually the most satisfactory method is to work closely with an architect who draws plans for the kind of house that is wanted, within the amount of money available. He is responsible for supplying the detailed specifications of the plan and for checking and supervising the bids for and all the work of construction. Few lay people know enough about construction to work effectively with contractors. An architect on the job will usually insure satisfaction and, in the long run, save money.

The cost of housing must be estimated in relation to total family income. At last it appeared that our friends the Boweys



Fairhill, Incorporated

Perhaps you like the way a house looks. How can you find out if it is the right one for your family?

were on their way to finding a suitable home. They had the choice of purchasing a new house in a new development or an old house in an established residential section. They also knew about an attractive house for rent on the outskirts of town. In order to make a realistic approach to the problem of renting or buying, they checked the costs in relation to their income.

They considered Bob's salary and the money Mary earned for temporary part-time work. But, since they hoped to start their family soon, they did not count her wages as permanent income. They realized that if a family rents a house or an apartment they can be fairly certain of a financial commitment in accordance with a definite lease agreement between owner and renter. Approximately 10 per cent of the property value per

year is considered reasonable rent for a home in good condition, but the availability of housing influences the rental rates to a great extent.

The rent for the house in which they were interested represented about one-fourth of Bob's salary. The lease would be for three years. The landlord agreed to decorate before they moved in. Although the house was in many ways right for Bob and Mary, they felt that paying so much rent and getting no return for their money was not sensible. They both wanted to use their money to improve their own home, not add to their rent by making improvements on a rented home.

They knew that homeownership involves complex problems. For most families, the cost of a house represents a major investment, with payments spread over many years added to maintenance expenses. These costs must be calculated and compared with the expected income. Only in this way can a family be sure about the financial obligations that are being assumed.

The first step in home ownership is to accumulate savings for a down payment. Mary and Bob each had some savings; Bob had a life insurance policy. Since he was a veteran, the government provided a federal guarantee for part of his home loan.

The amount of the down payment is usually determined by the value of the property. New and lower-priced housing require a smaller percentage as down payment. The type of loan also helps to determine the down payment. Veterans are allowed a lower rate of down payment and are insured by the Veterans Administration. The Federal Housing Administration has a sliding scale: the higher priced the house, the larger the down payment required.

When they told Bob's uncle about their savings, Bob and Mary learned that they had a real advantage. He explained that the larger the down payment they made on a house, the less they would finally pay for the house. The subsequent loan would be smaller, and consequently the interest would be less. Also, if it became necessary to sell the house, they would gain more from the proceeds. He told them that the percentage of cost to be paid down was regulated by law. He suggested that they make

an arrangement with the loan institution by which the principal might be paid in full at any time. Otherwise, they might be required to pay on principal and interest over a period of years even if they could afford to pay off the entire loan earlier. This would mean far greater cost to them.

The old house that Bob and Mary had considered was in good structural order. It had three bedrooms, a basement, a garage, and a yard. It was in a pleasant, convenient residential section. Their calculations showed that after deducting their down payment, they could borrow the remainder at a cost per month which they could afford. The cost, plus their utilities, would be higher than rent, but it would be spent on property which would eventually become their own.

They looked again at the new house, but decided regretfully that it was beyond their means. It had many attractive features. Mary liked particularly the spacious living room, the dining space next to the kitchen, and the large windows. Bob liked the garage with its direct entrance to the kitchen and its convenience to the front door. The price of the house was comparable to that of the older house, but they discovered there were additional expenses connected with it. They would have to share the cost of paving the street. The garden was sandy and would need several loads of topsoil if it were to become productive. Since both Bob and Mary wanted a garden, the necessary landscaping would mean either considerable extra expense or a great deal of time and effort on their part.

After they decided to buy the older house, their next step toward homeownership was to obtain a loan. As the BOWEYS went further into the subject, they discovered that the usual method of financing a home is to use an amortized loan. This means that a fixed amount is paid at regular intervals, usually each month, diminishing over the years as the principal is paid off. The BOWEYS found that the total cost of their home included (1) the down payment; (2) the loan; (3) interest on the loan; (4) taxes and assessments; (5) insurance; and (6) upkeep. The last three items were estimated at about 2½ per cent of the total value of the property. In addition, there were a number of other expenses covering other necessary services. They were



New York State College of Home Economics

Many young couples manage to obtain more of what they want in a home by learning how to do simple do-it-yourself projects, making their home more comfortable and convenient.

told that if they ever wanted to sell they were unlikely to get the same price for the house that they had paid.

Bob and Mary found that if they paid the maximum amount they could afford as down payment on the house, they would have little money left over for furnishing it. But they both felt they would have a greater feeling of security because of this payment. They planned to purchase a small amount of new furniture and in addition to refinish secondhand pieces to use until they could afford to replace them with new ones. They had one or two pieces stored in their family attics. Mary had

learned to make slipcovers and curtains in home economics extension classes, and Bob was interested in doing the carpentry jobs himself. They knew that money would not be plentiful, but they felt they had invested their funds in what they both wanted most.

The Boweys are a typical couple. Most people purchase a house, not because they will gain a financial advantage, but because they want the human satisfaction of owning their own home. They want to have privacy, to establish themselves in a community, and to provide a permanent place for their children to grow up. If a home is to satisfy the needs of a family, it must not become too heavy a financial burden. A house that works for the family, rather than one that has the family working for it, is to be desired.

Chapter checkup

- 1** Mr. and Mrs. Smith—who have two children, Bill, aged fourteen, and Joyce, aged eleven—want to buy a house. They have lived in an apartment for several years. Mr. Smith has a part-time job as a clerk in a local store. Bill goes to junior high school and expects to change to senior high next year. Joyce attends elementary school. The family income is a little over \$5,000 a year. Mr. Smith has \$10,000 in life insurance, and their savings account shows a balance of \$2,000.

Which of the following items in house-buying are important to the Smiths? Which are unimportant? Give reasons for your answers.

- a** The top limit to be considered for the purchase price is \$20,500.
- b** Location is important.
- c** A new house would be preferable.
- d** The total cost during the term of the mortgage loan for maintenance, on the purchase price, and for utilities should not exceed \$100 a month.
- e** An old house which they like would need some remodeling to be suitable.
- f** They would like a house that can be converted into two apartments when the children marry.
- g** They should ask the advice of a zoning commission and a licensed surveyor.
- h** They should inquire about loans from their bank.

- 2 A young couple are looking for a house. List the things they need to know in deciding whether to rent or to buy. Describe the way in which they would try to finance a purchase.
- 3 Are housing costs high at the present time? What is included in the cost of a house?
- 4 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

amortized loan

fire resistant

building codes

lease

financial commitment

zoning



Chapter forecast

Chapter 11

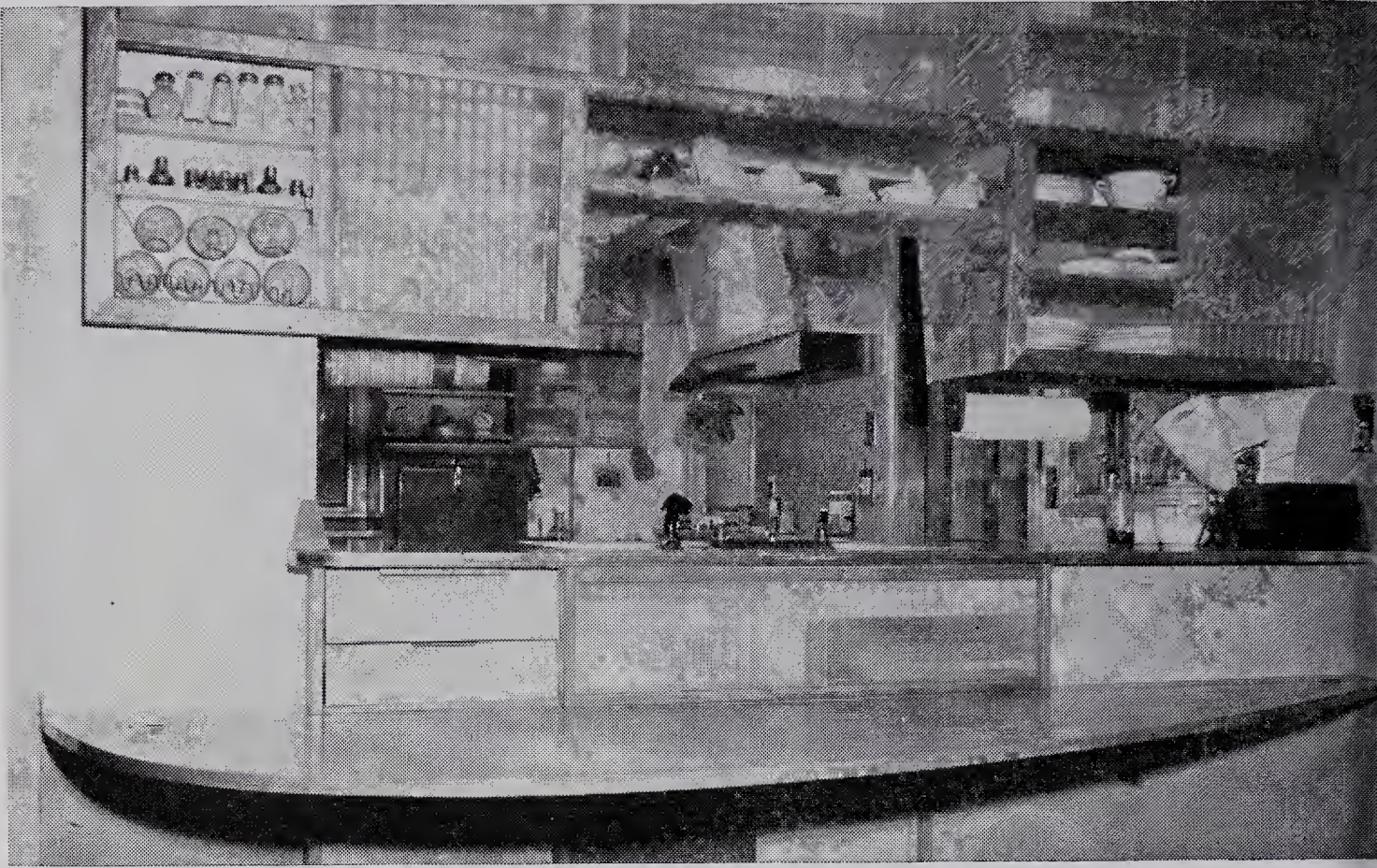
A home isn't always as big as you might wish. But how can good management help?

Standard Oil Co. (N. J.)



How can planning help this family to live comfortably in a two-room trailer?

Ithaca Journal



A kitchen should be a convenient place in which to work. What can you do to have your kitchen “work” for you?

New York State Colleges of Agriculture and Home Economics

Thoughtful planning of accessories can add to the beauty of a home. What are some ways of decorating inexpensively?



Chapter 11

A home should be planned to meet family needs

Selecting and planning a home are among the most difficult things a family can do, first, because a home usually represents the greatest outlay of money to a family and, second, because different members of the family are likely to want and to value different things in the home. John Smith may want to be near his work. Mary, his wife, may want to be near a shopping center and a good school. Their children may want a yard to play in and to be near their friends. Some of the family members may need space to work on hobbies; others may want an attractive front yard. Mary may need a lot of storage space. The young members of the family may ask for a large living room for entertaining friends.

If a family expects to occupy a home over a period of years, the family's changing needs must be considered. When children are small, it is possible to manage with only one or two bed-

rooms, but as they get older, more space is needed. After they have grown up and left home, the parents again can get along with less space.

Any couple who are planning to rent or buy a home should take a long view of their housing needs, considering carefully what they really want so that all of their money and effort will result in the home that will be most satisfying to them.

Ideas for action

1 Sources for study

Craig, H. T., and Rush, O. D. *Homes with Character*. D. C. Heath and Co. Boston.

Lewis, D. G., Burns, E., and Segner, E. *Housing and Home Management*. The Macmillan Co. New York.

Sleeper, C., and Sleeper, H. *The House for You*. John Wiley and Sons. New York.

2 Make a check list of items you believe to be important in a home, such as adequate heat, light, and sunshine and space for play, privacy, and pursuit of hobbies. Give a reason for each item on the check list.

3 List common causes of accidents in the home. Suggest in each case how these accidents may be prevented. Prepare a poster to illustrate how some danger point may be made safe.

4 List ways in which it is possible to make a temporary home attractive. Describe how accessories and furniture may be chosen and purchased for use first in a temporary home and then in a permanent home.

5 A satisfactory house plan is characterized by such items as sufficient space, convenient arrangement, and traffic routes for family activities. Select three house plans from current magazines and discuss their advantages and disadvantages for a family.

6 List the factors that affect the choice of location for a home. Analyze the factors in your neighborhood that make living there desirable or otherwise.

- 7 Draw a sketch plan of your house. Show the space used for activities such as eating, recreation, working, sleeping, and storage. Suggest possible improvements in use of space.
- 8 Talk with some of your older friends and neighbors. Find out from them how their housing needs have changed through the years and how they expect them to change again in the future.
- 9 Using the necessary pieces in your homemaking department, set up an exhibit of temporary shelving, storage space, accessories, and other equipment suitable for use in a temporary home.
- 10 Study the homemaking department to see whether its arrangement of equipment and furniture allows good management practices and traffic control. If possible, rearrange the equipment to better effect.

How do family needs affect the location of a new home?

When a family has decided how much it can afford for housing, the next decision is where the house shall be. The family should get together to decide among themselves just what is most important to each member in the choice of location for a home.

The Hanson family followed this plan when they began their search for a new home. Mr. Hanson wanted a location near either good transportation or his work. His wife wanted a house with neighbors and a convenient shopping center and church. The Hanson children wanted to be close to their school and friends. They all felt that if Mr. Hanson used the family car to go to work, some alternate means of transportation must be provided for the others.

To live in the city, a family must consider many factors. When choosing a home in the city, a family is compelled to investigate such items as transportation to work, school, church, and shops; amount of noise, odors, and heavy traffic; and safety for the children in going to their school and play center. The cost and the amount of space would have to be considered in relation to these factors, for rent is usually higher and space is more limited in the city than in the country.

A choice frequently faced by young families at the present time is whether to live in the city among their friends and near

their work or to live in a new community on the outskirts of the city. The enjoyment of a new home in a new community has to be weighed against its cost. This includes purchase price, upkeep, taxes, and commuting costs. The possible loneliness of the mother if there is a young family to keep her at home must be considered. All of these points must then be weighed against the advantages and disadvantages of remaining in the city.

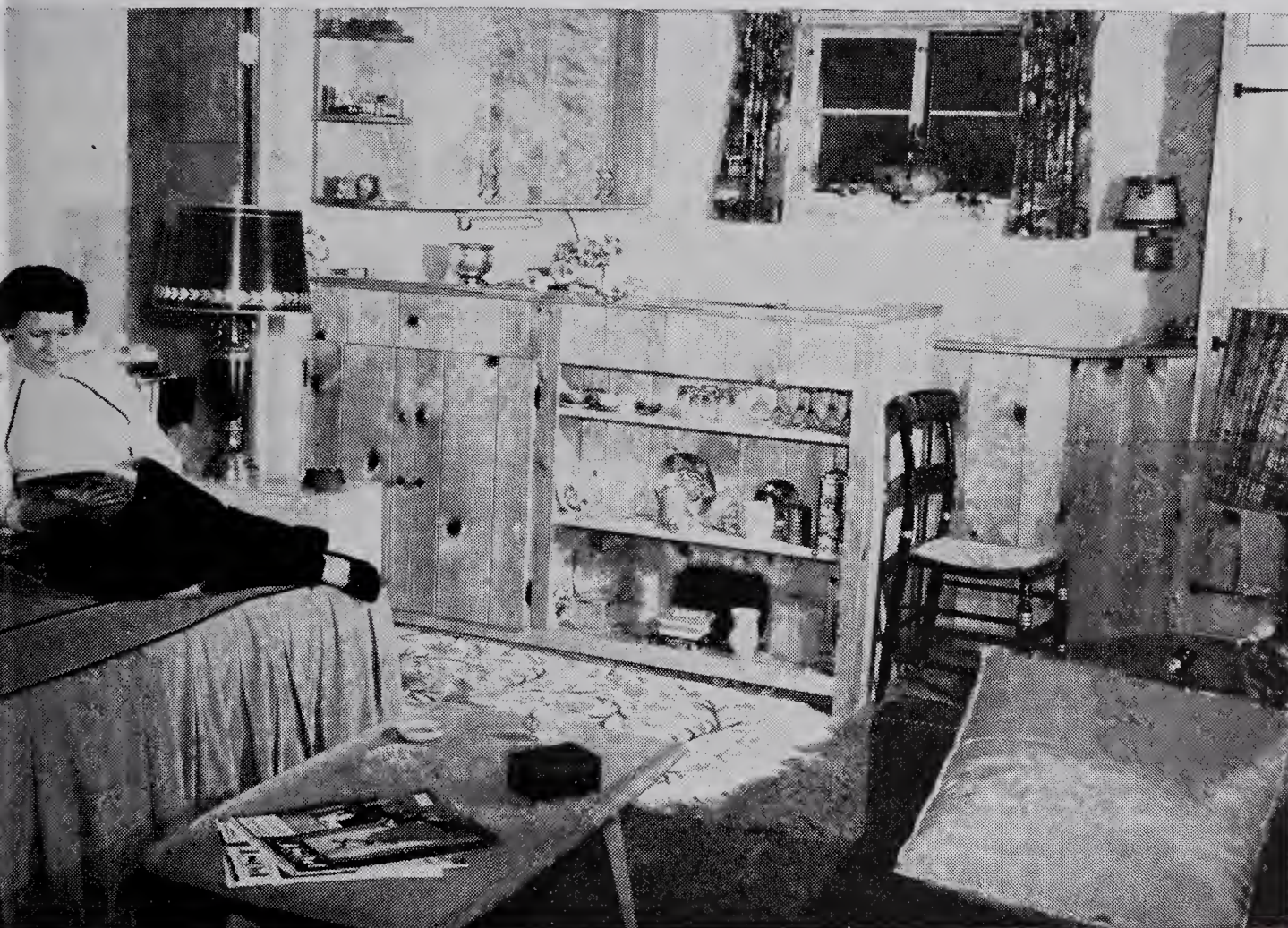
Sometimes a family has little choice in the location of a home. Some people live in the farmhouse on their farm. Others live in special housing provided by the government or the private concern for which they work. Sometimes there is a housing shortage because of an increase of population in a particular area. This often happens near an army base or in a college town, and it means that families may have to pay highly for inferior accommodations. Even if your housing is not your own choice, however, it is usually possible to work out a satisfactory solution if the needs of all family members are considered.

The Schultz family was faced with this problem. Because Mr. Schultz worked in an atomic energy plant, his family was able to obtain one of the small living units provided by the government. They had two small bedrooms and a combined living room and kitchen. With four children under eight years old, Mrs. Schultz wondered just how they were going to fit in. For the two boys, she bought bunk beds to put in the smaller bedroom. This suited the boys and also gave them play space away from the living room. She gave Margie, aged eight, and baby Betty the other bedroom. She fixed a screen around the baby's crib so that Margie could go on with her activities when Betty was asleep. She and Mr. Schultz used a sofa bed in the living room.

She kept her clothes in the girls' room; Mr. Schultz kept his things in the boys' room.

By arranging the house in this way, each person could follow his own interests, and the parents could entertain friends in the evening without disturbing the children. The Schultzes knew this arrangement would not be permanent, but they were determined to be as comfortable as possible for the time they would be there.

When a family can choose between alternative locations, the



Top: Hodson Houses. Bottom: New York State Colleges of Agriculture and Home Economics

Top: A new home may be attractive and within family financial means but located too far from work, stores, and recreational areas. Bottom: Cost can be decreased and space increased by planning storage carefully.

following points should be checked and the decision made accordingly:

- 1 Does the location provide access to work? School? Stores? Neighbors and friends?
- 2 Is the location quiet? Away from heavy traffic? Connected with main services? Away from heavy industry, odors, and smoke? Well drained and open to the sun and air? Suitable to the income level?

Is value for money related to use of space?

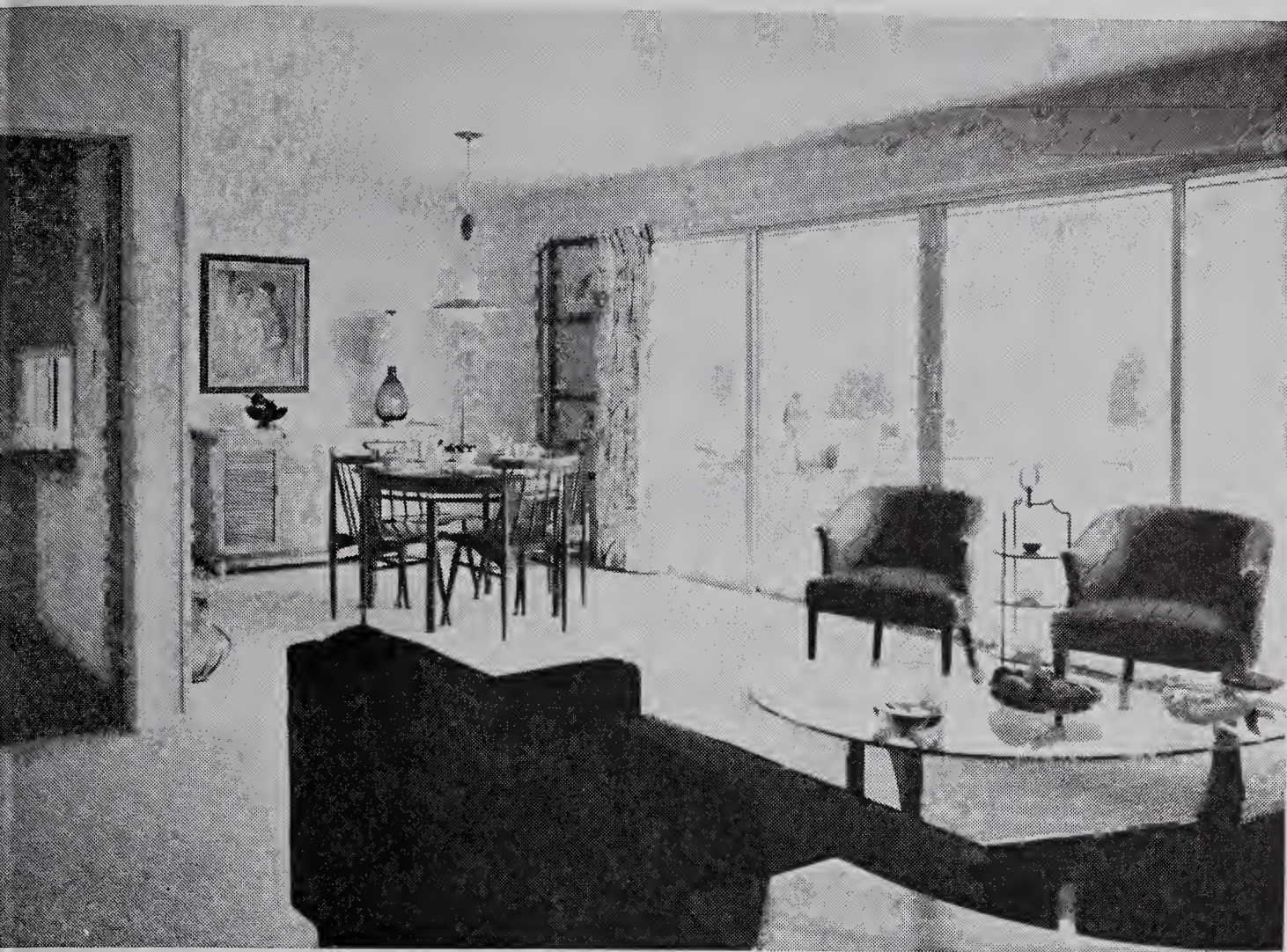
A home is used for five different things: for playtime activity, for sleeping, for eating, for working, and for storing articles that are not in use. The size of the family, the ages of the members, and their individual wants and needs all will affect the planning of these activities. For this reason, although several houses may have exactly the same exterior and arrangement of rooms, each will differ from the other in arrangement.

Newly built low-cost and medium-cost houses usually provide large rooms, but with a loss of privacy. If the front entrance opens directly on the living room, the room is larger, but callers intrude on the family group. If space has been used for a large living room, it is likely that space for hobbies, a sewing room, or a workshop has been sacrificed.

Many contemporary plans omit partitions between living room, dining room, and kitchen. A sense of spaciousness is thus created, but there is no privacy. On the other hand, if this space is divided, the rooms are so small that they give a feeling of constriction and confinement.

Careful planning of every foot of space is essential. In order to fit all family activities into a modern house and yet leave room for comfort and privacy, all use of space must be worked out beforehand. Certain rooms will be used for many different purposes, and all rooms will probably be used for more than one purpose.

For example, the kitchen may be used for eating meals, for laundering clothes, and for bathing the baby, as well as for preparing food. An alcove off the living room may have a folding door to convert it into a private study, guestroom, or workroom.

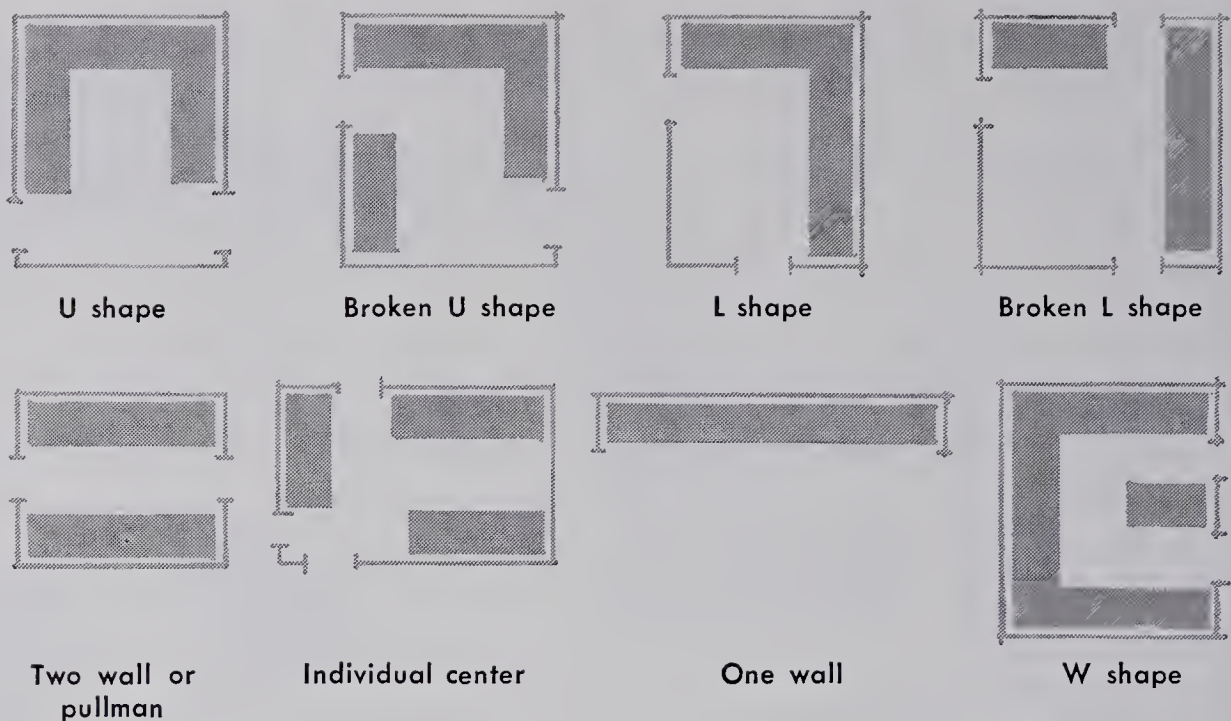


Levitt and Sons

This living room has many good features. Can you tell what they are?

The parents' bedroom may become an extra sitting room when the children have the use of the living room to entertain guests. The garage may also be a workshop and a center for outdoor storage. A porch may be enclosed to provide extra space.

Planning sleeping space is important. Bedrooms should have adequate ventilation, enough space for a comfortable bed, and the opportunity for privacy at any time. Since sleep can be interrupted by light and sound, sleeping space should be protected from them so far as is possible. A closet between the bedroom and the living room or other activity room will help to diminish noise. Locating a bedroom away from outside traffic will help to diminish disturbing lights and noise. A bedroom need not be large, but it should have enough space for the bed to be placed so that it can be made up easily and not be in the way of reaching stored goods. Careful planning of a bedroom should aim at providing for such quiet activities as reading and studying as well as sleeping.

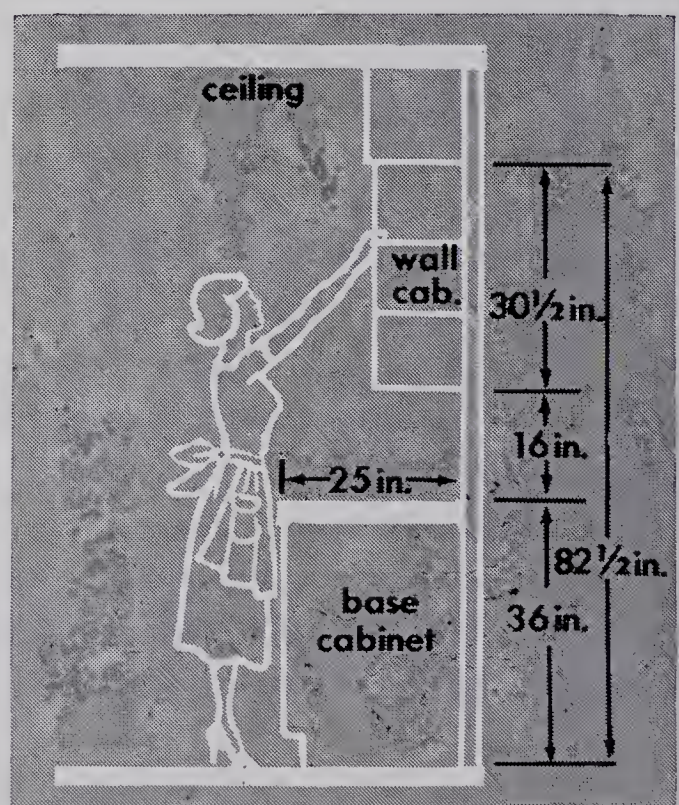


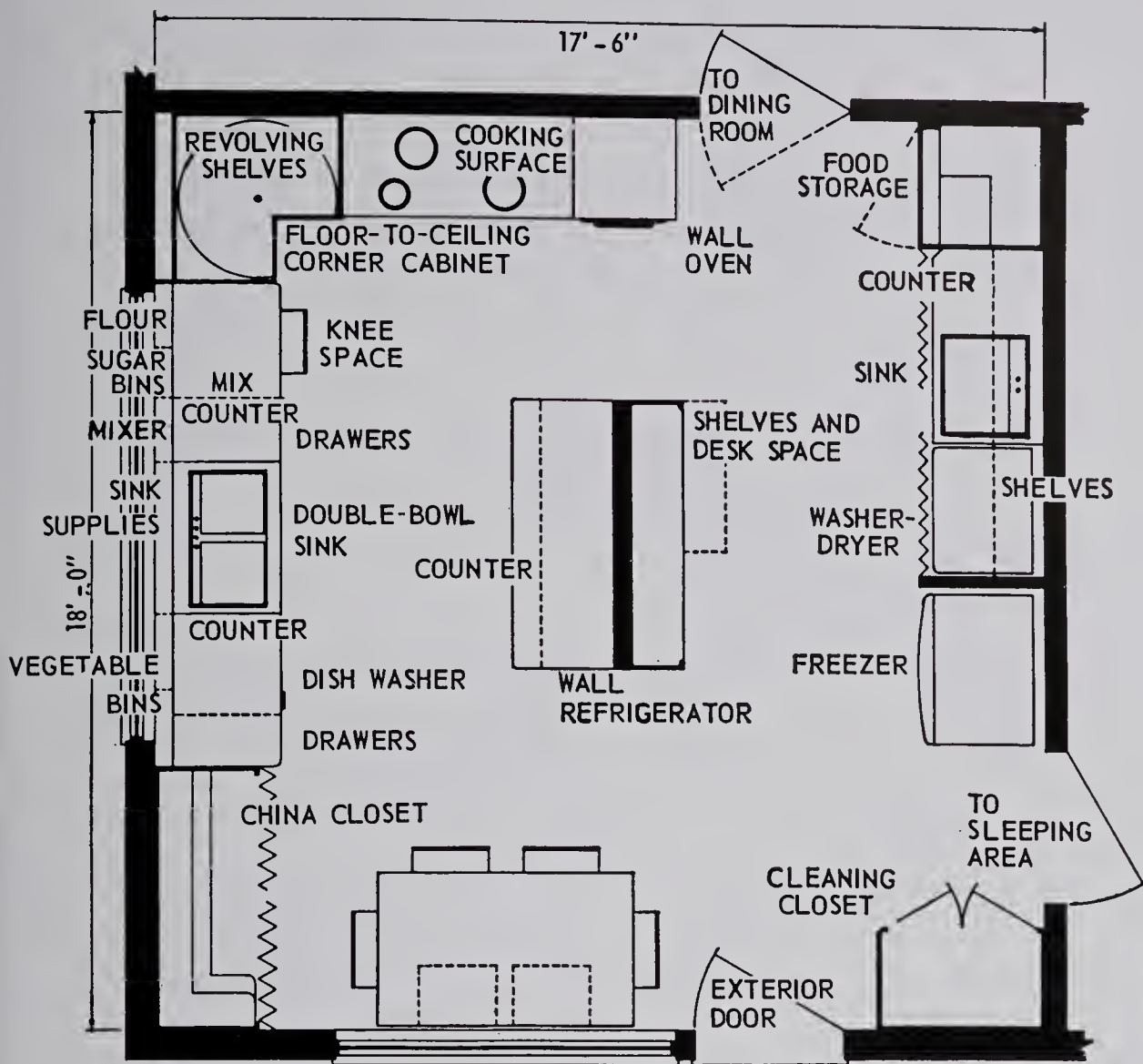
There are more ways than one to plan a kitchen.

Bathrooms and bedrooms should not open directly to the living room or to each other. A small hall, with bedrooms and bathroom opening from it, will allow privacy and convenience.

Planning eating space includes both the preparation and the serving of food. The kitchen is the room where the most work is done. With modern equipment and careful planning, it can perform its many functions efficiently. Before starting to plan, it is important to decide how the kitchen is to be used. Will it be used for eating and for laundry? Are there young children in the family who will need their mother's company and supervision while she works?

Spare yourself fatigue and possible accidents by avoiding too much stretching and bending.





U. S. D. A.—Beltsville Energy-Saving Kitchen

In this kitchen, the storage space, the work space, and the arrangement of equipment have all been designed to save energy.

There should be a convenient arrangement of the three centers of food preparation. The refrigerator and other food storage and surrounding work space make up one center; the sink and the range form the other two centers. Efficient arrangements are a U-shaped kitchen with one center on each of the three sides and an L-shaped kitchen with two centers on one side and one center at a right angle. Continual research is being done to save steps for the homemaker. One innovation is to place the oven at a distance from the range top. Another is to construct a separate laundry unit as part of the kitchen, making a W shape, and using the center arm for work space and eating.

There is, at present, a trend towards larger kitchens that can

be used for work, for eating, and for other activities, but these are more prevalent in the higher-priced homes. As ready-prepared foods are being used more often, it is likely that the kitchen will become a room suited to a variety of activities, with food storage, including adequate freezer space, gaining and the preparation center dwindling in importance.

Many families eat breakfast and lunch in the kitchen. It may be that as food preparation becomes much simpler, the kitchen will become the center for meal service. Some people use one end of the living room as dining space. However, if space can be spared for a dining room near the kitchen, it is valuable, not only for serving meals, but for doing other work and for carrying on such leisure activities as sewing, reading, playing games, and studying.

Planning space for recreation is also important. If one member of the family enjoys photography, plans should be made for a darkroom. If the husband likes to refinish furniture and the wife likes to sew while the rest of the family plays card games, the house should be arranged so that all these activities can be conveniently carried on. Usually even a small home can be planned to provide space for the hobbies the family likes best.

If the house has a basement, a utility room, or a kitchen, laundry space can be worked out in combination with other space needs for work and storage. There are four centers to consider in relation to laundry: (1) the hamper or bag where soiled clothes are kept; (2) the washing center, including space for stain removal and simple repairs; (3) the drying center, that is an automatic dryer or a clothesline; and (4) the ironing and storage center. The objective is to organize these centers so that unnecessary motions and steps can be avoided.

Good storage facilities are essential to successful family living. Storage facilities are as important as sleeping and recreation space, but are more difficult to attain in many modern houses. One of the most frequent complaints about low-cost housing is the lack of adequate closet and storage space. As our activities become more varied, our needs for equipment become greater while space for storage becomes less.

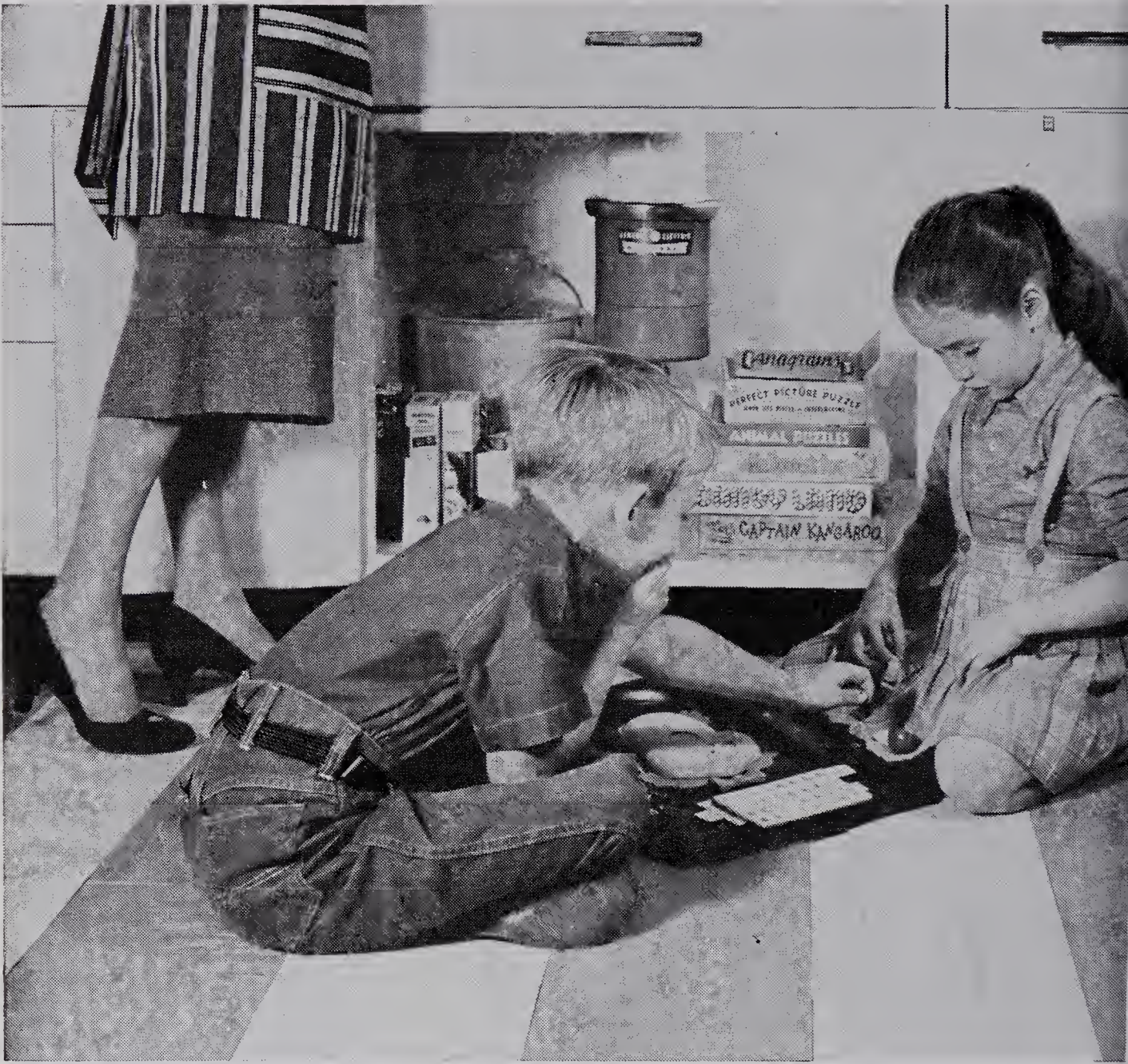
The first rule for storage is to locate equipment near its point



New York State Colleges of Agriculture and Home Economics

How can storage space be made adequate for family needs?

What makes for family well-being? 275



General Electric Co.

The installation of a disposal unit made this spot a safe place for children to play and a clean and convenient space for storage.

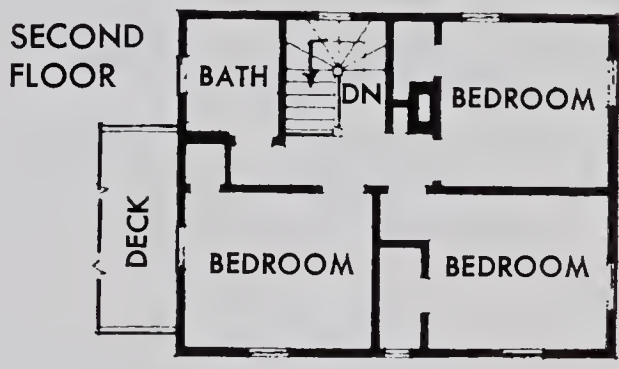
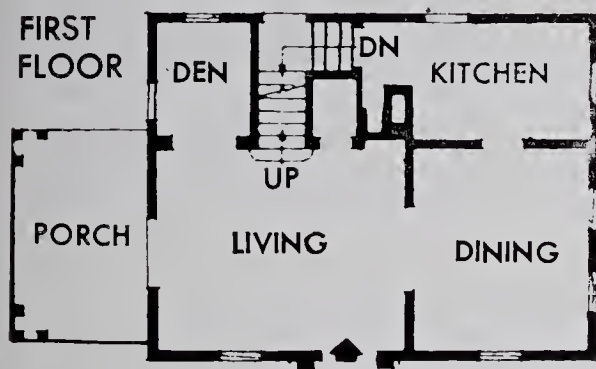
of first use. Therefore, outer garments should be placed near the entrance door, table linen near the dining table, dishes between the sink and eating space, and cleaning equipment near the center of the house. Sometimes it is helpful to have two identical sets of tools to be used in different places: for example, keeping knives at both sink and preparation counter; cleaning materials both upstairs and downstairs; and detergents with both kitchen sink and laundry equipment.

Dead storage space for equipment and household treasures that are rarely or never used is often provided in the attic or basement. This space can be wasted unless the family becomes

heartless on occasion and sorts it out for disposal. Very often, through carelessness, many articles that would be useful to others are left to mold away in the attic. Many young parents borrow and lend such bulky articles as cribs and baby carriages. Some young couples could make good use of pieces of furniture, dishes, and electrical equipment stored away by their relatives. A safe rule to follow is to consider carefully how to dispose of any equipment that is used less often than once a year.

It takes time and experience to learn to judge house plans intelligently. The Hansons found three houses which they liked and which were within their price range.

House number 1 was thirty years old and in good condition. It had a pleasant garden at the rear. However, it was by no means modern in appearance, and it was small and in some ways inconveniently arranged. The main rooms faced east. Examine its floor plan below. Check its advantages and disadvantages.



Advantages

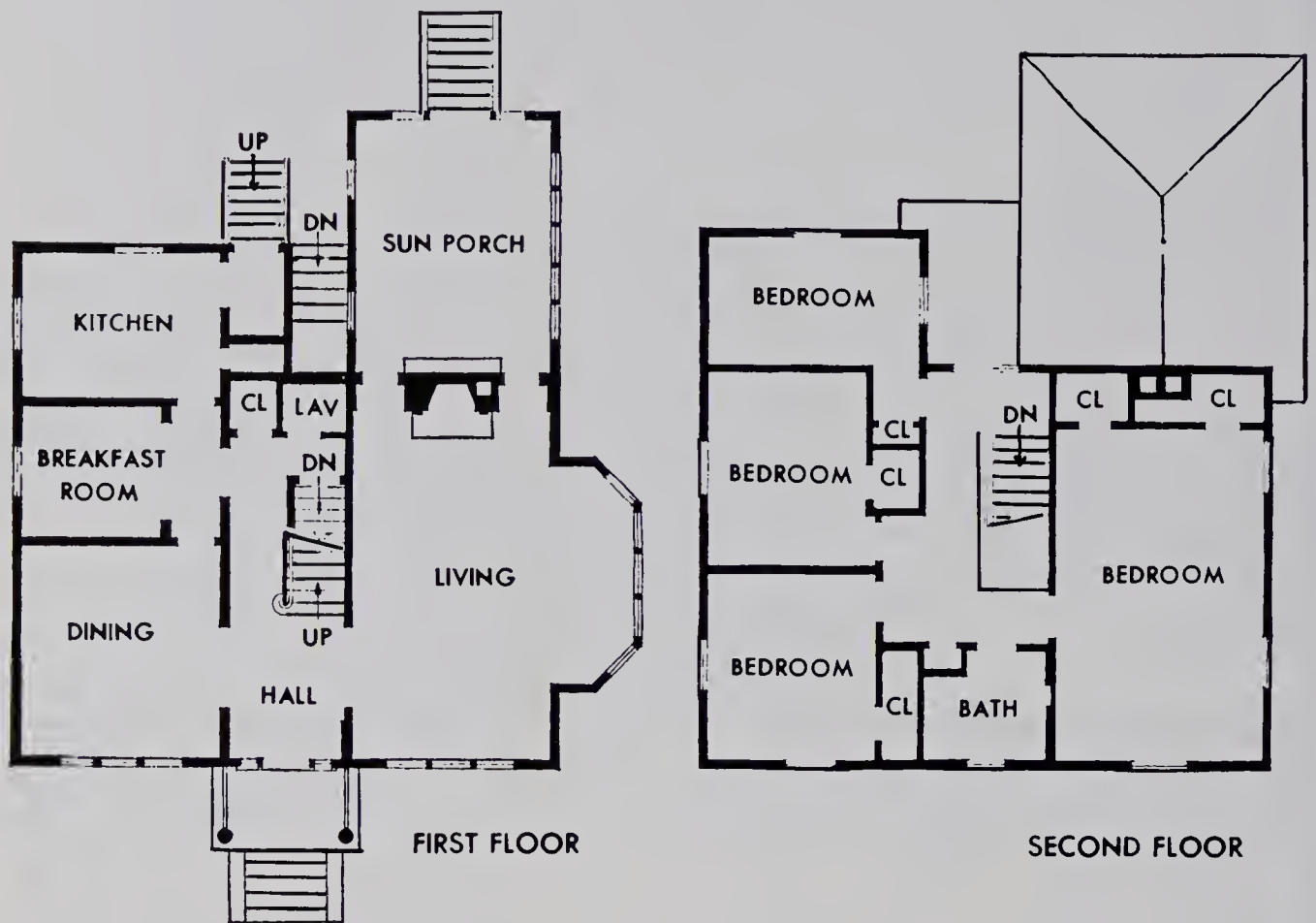
- Three bedrooms with a closet in each
- A dining room
- A study
- A basement
- A porch and sun deck

Disadvantages

- Entry directly into living room
- Stairway leading from living room
- Steep stairway
- No downstairs toilet
- No garage
- Small rooms

House number 2 was twenty-eight years old. Its structure was good, but the exterior needed painting. It had a garden in front but only a small space in back with just room enough to park the

car at the side. The road in front was tree-shaded, and the neighborhood was quiet and pleasant. Look at the following plan, and examine its good and bad points.



Advantages

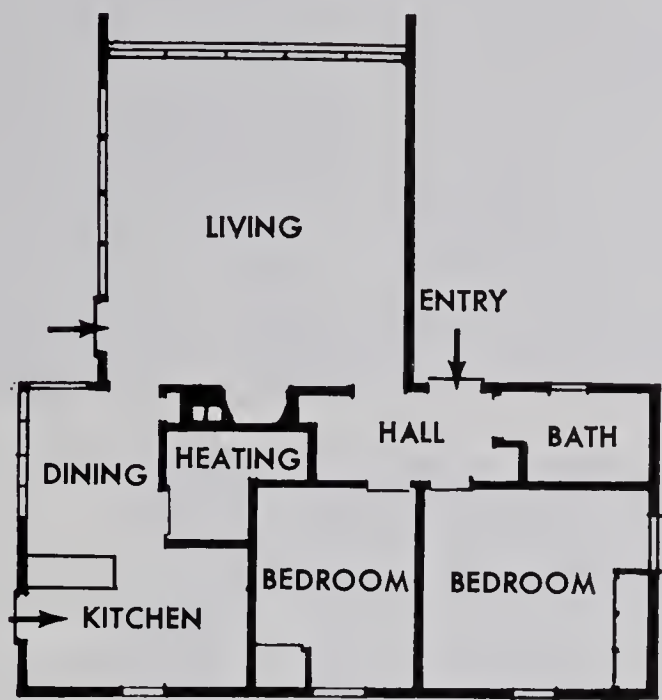
- Four bedrooms
- A good-sized living room
- An entry and stairway separate from living room
- A toilet downstairs
- Good kitchen arrangement
- Adequate closet space
- A sun porch

Disadvantages

- Poor use of space for dining room
- Steep stairway
- A bay window in living room
- Faced brick wall
- Many steps to travel

House number 3 was new. It was all on one floor. It had two bedrooms, a large living room, and an attic that could be converted to an extra bedroom. It was in a new housing de-

velopment, but was reasonably near transportation and shopping centers. Examine and evaluate the plan for this house.



Advantages

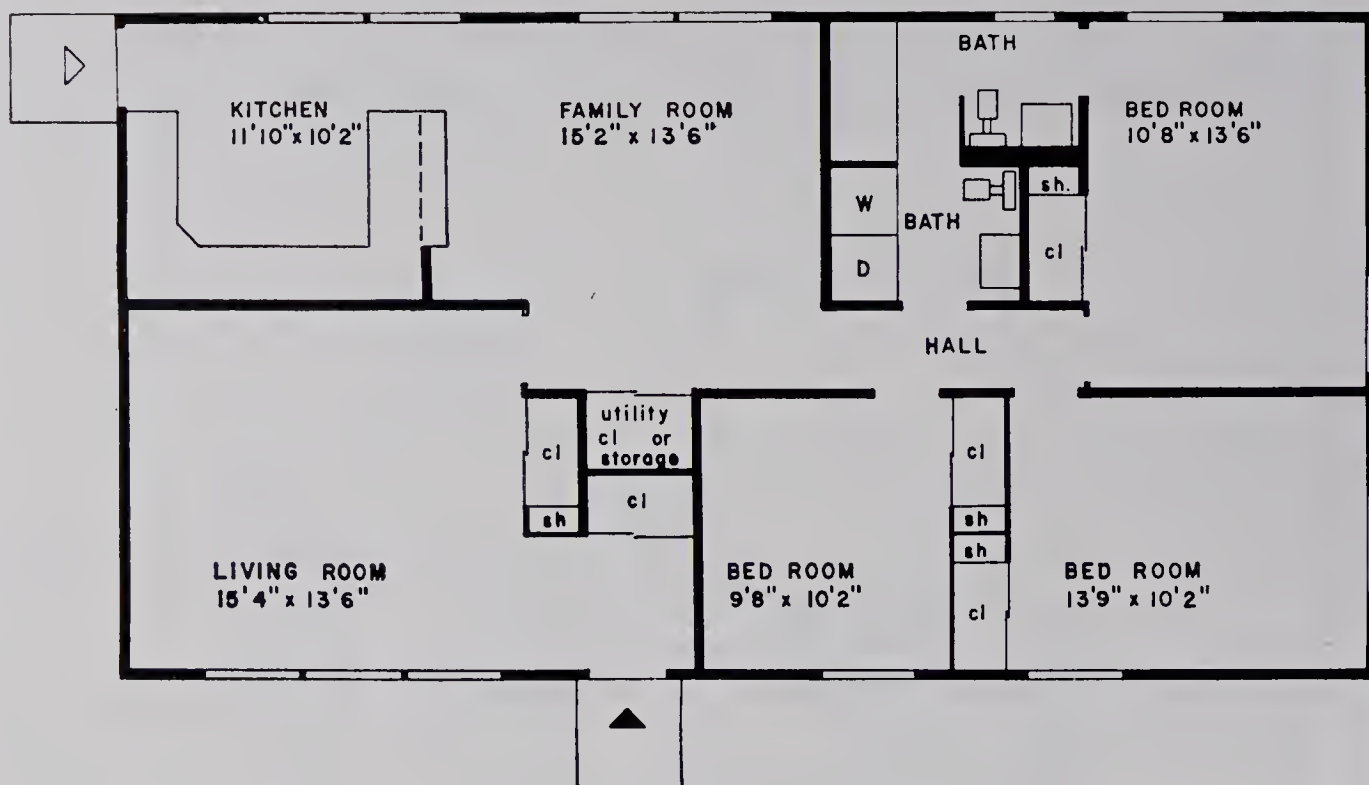
- Modern new construction
- All on one floor
- Well-planned kitchen

Disadvantages

- Entry directly into sleeping section
- Only two bedrooms, provision of third expensive and might be unsatisfactory
- Inadequate storage space
- Inadequate space throughout except in living room

The Hansons finally chose house number 2 because they felt that, in addition to its location in a pleasant and convenient neighborhood, it showed the most effective use of space. It had a fourth bedroom which might be needed someday for Mrs. Hanson's mother and which might, in the meantime, be rented for an additional source of income. In addition, its upper floor could be converted into a separate apartment for use when Mr. and Mrs. Hanson grew older and their children had married.

Choosing a house is an important decision. Nearly everyone at some time faces a decision about the house in which he



"Celebrity" by American Houses

By studying the plan of a house, you can tell whether the house will meet your needs.

wants to live. Here is a guide that might help in making a wise choice:

Location

In relation to schools? Church? Transportation? Shopping areas? Play areas? Busy streets?

Orientation

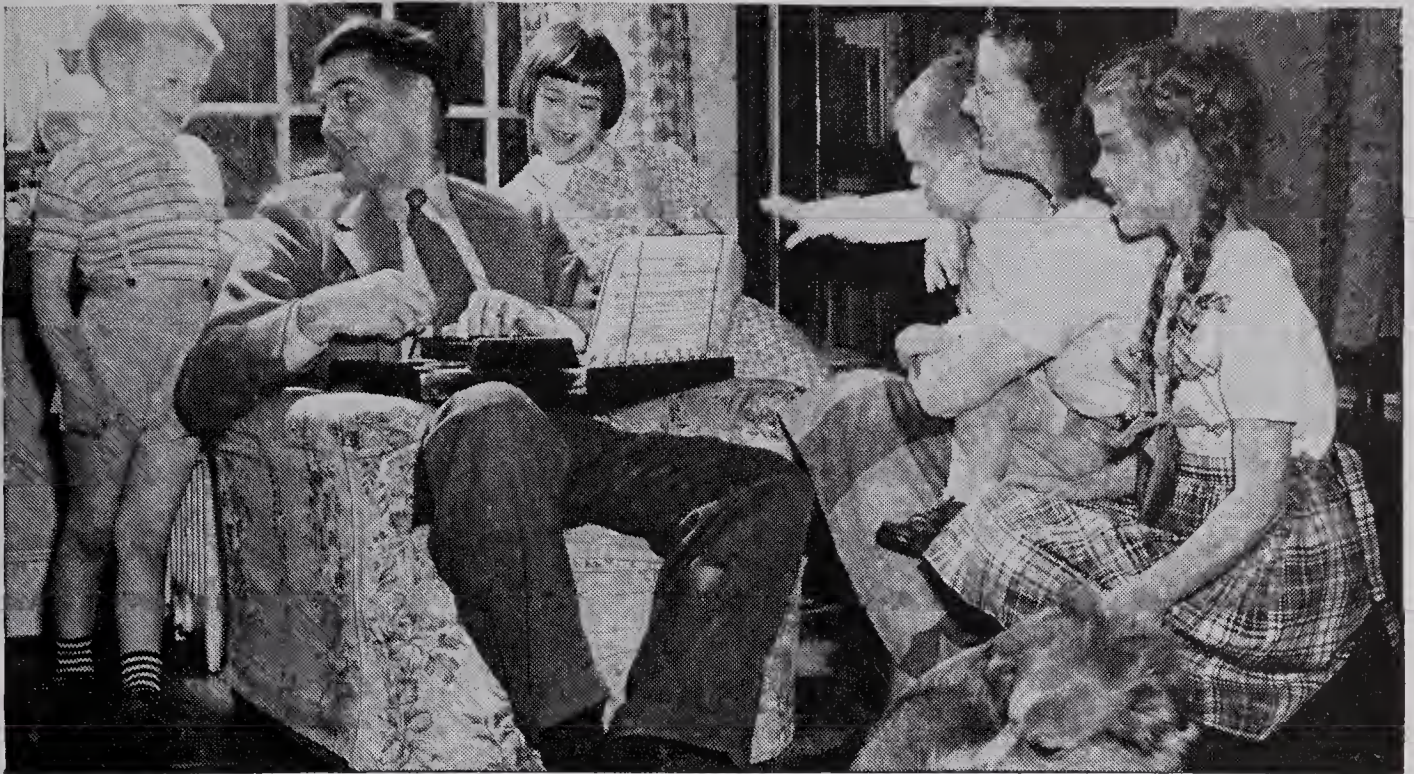
Which rooms will have the most sunshine? From which rooms will the family see the street? The backyard?

Accommodation

Is the driveway conveniently located so that groceries can be taken directly from the car to the kitchen? Will the homemaker be able to carry the laundry to the outside drying line without going through the main part of the house? Without climbing a flight of steps? Can the mother see the outside play area from the kitchen windows?

Circulation

What will be the traffic pattern in the living room? Can the large pieces of furniture be placed in more than one position? Where can the television set be placed so that family traffic will not disturb those watching a program?



When choosing a house, many things have to be considered. Space for indoor and outdoor recreation and space for children to play safely are among them.

Top and bottom: New York State College of Home Economics
Center: Du Pont Co.

Storage

Does each room have ample provision for storage? Are the kitchen storage areas easy to reach?

Privacy

Will auto and street lights and noises disturb the family's rest? Will the curtains have to be closed when the family relaxes in the living room? Can the bathroom door be seen from the front door? Where is the bathroom in relation to the living room?

Room arrangement

Is the kitchen work center a U, L, or corridor type? Does the laundry unit have storage and counter space?

Comfort

Is the house insulated? Are the west windows protected by an overhang? By deciduous trees? By an awning? Is the kitchen equipped with a ventilating fan? Does the attic have louvers? An attic exhaust fan? Air conditioning? A storm sash?

Safety

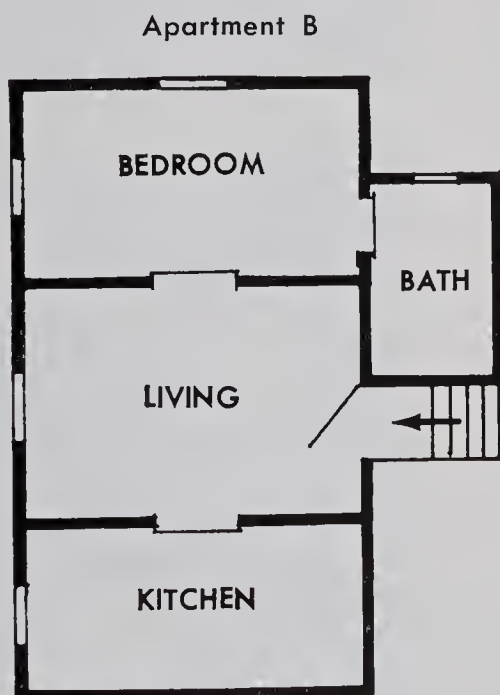
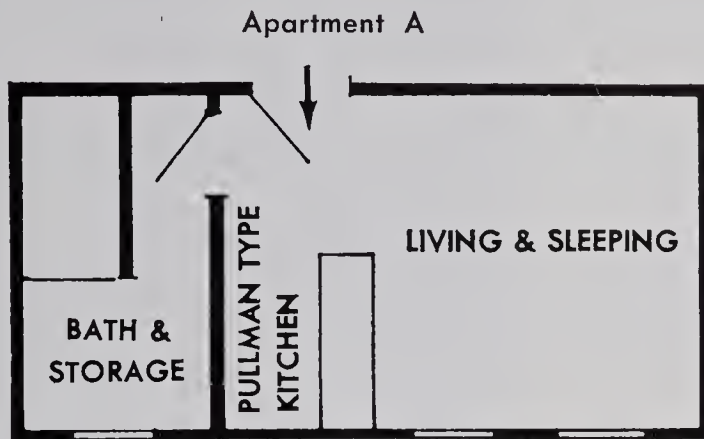
Is the construction sound? Is electrical wiring installed in accordance with latest requirements? Are handrails provided on stairways? Is construction as fire resistant as possible? Is artificial lighting adequate?

Chapter checkup

- 1 Carl and Vera are planning to be married. They are searching for an apartment near Vera's place of work, but so far they have found little for the rental they wish to pay. Since they want to save to buy a permanent home, both will be working after marriage. The opportunities for housing have narrowed down to two apartments:
 - a A one-room apartment with a pullman kitchen and a bathroom in an apartment house in a good neighborhood, ten minutes from Carl's place of employment. Vera would have an hour's journey each way. The apartment is modern, convenient, and reasonably well planned. The rent is \$10.00 a month more than they have allowed for in their budget.
 - b A three-room walk-up apartment in a respectable but not too attractive neighborhood midway between Carl's and Vera's places of employment. The rent is \$10.00 less a month than they had allowed for, but they would pay for their own heat.

The apartment needs decorating, but the landlord has agreed to supply materials if Carl and Vera will do the job.

Using the information you have learned about financing, planning, and managing a home, study the following diagrams and decide which apartment will be most suitable for the couple. Give reasons for your answers.



- 2 Using the guide on pages 280 and 282, examine house plans from current magazines. List under each its good and poor features.
- 3 Choose the false statements from the following list. Correct them so that they become true statements.

- a Family housing needs change during the family cycle.
 - b The neighborhood is an important factor in choosing a house.
 - c Proximity to school, transportation, and stores is of major importance.
 - d Careful planning can make an inconvenient house an adequate place in which to live.
 - e A U-shaped kitchen is always to be preferred.
 - f Having a front door which opens into the living room gives less privacy to the family.
 - g Every house should have space for dead storage.
 - h Food-preparation facilities will require more space in houses of the future.
- 4 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

dead storage

orientation of a home

point of use for equipment

U-shaped kitchen and L-shaped kitchen

work centers



Chapter forecast

Chapter 12

Why is the yard sometimes called an extra room?

Better Homes and Gardens



How do you choose furniture that will do the most for your home?

Du Pont Co.



Any home requires a certain amount of daily care. By careful planning and scheduling, how can these housekeeping chores be reduced in number?

Better Homes and Gardens

In what ways does home decoration give satisfaction to a family?

New York Life Insurance Co.



Chapter 12

A home can be made comfortable and attractive at minimum cost

When members of a family work and plan together to make their home as pleasant as possible, often the result is a more comfortable and attractive home than could have been planned by a skilled interior decorator. The interior of a home is personal and individual to a particular family. It reflects each member's values, his likes and dislikes, his tastes and activities. Much can be learned from decorators, from magazines, and from courses in art and homemaking, but each family must take this knowledge and adapt it to its own particular circumstances.

Never before has so much equipment and furnishings been available and so much knowledge and skill been demanded of homemakers if they are to get maximum satisfaction for their money and efforts. Homemakers today are fortunate to have opportunities to fulfill their desires for beautiful surroundings.

A family can choose the type of architecture it wants for a

home, the methods of temperature control and lighting, and the style and texture of furnishings. Whether homemakers prefer styles that are traditional or modern, elaborate or simple, costly or inexpensive, they can achieve their desires if they take the trouble to learn, to plan, and to work together for family satisfaction.

Furnishing a home can be a pleasant task if the entire family has something to say about it. Each member has a chance to show his tastes, his preferences, and his ingenuity in creating attractive and comfortable surroundings. For many people make-believe becomes real when they learn to recognize what is most satisfying to them. When family members can do part or all of the work themselves, a beautiful home need not be an expensive one. Careful thought, planning, patience, and effort are needed, however, to get good results. For example, a knowledge of color and line must be applied to obtain successful combinations of fabrics, wall and floor coverings, room arrangement, and lighting.

Above all, the family must plan ahead. It must realize that the most satisfactory surroundings are those that reflect a family's personality not the latest fashion in a department store window.

Ideas for action

1 Sources for study

Craig, H. T., and Rush, O. D. *Homes with Character*. D. C. Heath and Co. Boston.

Fitzsimmons, C., and White, N. *Management for You*. J. B. Lippincott Co. Chicago. Chapter 11.

Lewis, D. S., Burns, E., and Segner, E. *Housing and Home Management*. The Macmillan Co. New York.

Wright, R., and Wright, M. *Guide to Easier Living*. Simon and Schuster. New York.

2 Make a list of points to check regarding the safe use of electricity in a home. Check your own home and make a list of suggested improvements.

- 3** Study the color scheme in your homemaking department. Plan changes. Assemble paint samples of appropriate colors for walls, ceiling, floor, and woodwork and swatches of material for rugs, draperies, and upholstery. Put on a display of this material.
- 4** Choose a color scheme for a room in your home. Select the color, pattern, and texture for walls, floors, draperies, and slip-covers. Compute the cost for redecoration, keeping the price as low as possible.
- 5** Examine the furniture in your homemaking department and follow up by a visit to a furniture store. Make the following survey:
 - a** Select pieces of furniture of different styles and materials that go well together.
 - b** Examine wood and upholstered pieces to learn points in construction and finish.
 - c** Identify common woods used in furniture-making.
 - d** Investigate differences in quality and price of furniture.
- 6** Using scaled cutouts and floor plans, plan furniture arrangements for the living center in the homemaking department in your school and for various other types of rooms. Be sure to allow for good traffic lanes and maximum convenience to centers of activity.
- 7** As a class activity, learn how to make and put up a shelf, change a washer on a faucet, and clean a grease trap in a sink.
- 8** Arrange for a demonstration of paper hanging and wall painting. Practice individually if possible.
- 9** Observe various styles of house architecture in your community. List the good and bad points of each in regard to beauty, comfort, and cost.
- 10** Visit a house under construction to observe arrangements being made for water supply, heating system, insulation, air conditioning, and waterproofing.
- 11** Compare various cleaning materials as to cost and effectiveness. Examples might be floor and furniture polishes; window cleaners; and rug shampoos.

What makes a home desirable for a family?

As you examine attractive and well-kept homes, you will notice that good planning, suitable materials, and appropriate style are basic to most of them. Design and materials vary with the location and the climate. The roomy ranch houses of the Southwest are suited to the large areas of land and the dry, sunny climate, just as the compact houses of the Northeast are suited to the cold winters. In San Francisco, where land is scarce, the houses are built on a narrow frontage with the garage below and living quarters above. In Philadelphia and Baltimore, houses are built in rows to conserve space. In new suburban developments prefabricated homes follow a simple style which aims at maximum space and air at minimum cost.

The choice of style is largely dependent upon taste and pocketbook. However, the best house is built of materials appropriate to the region and suited to the climate, and is designed to provide most effectively for personal and family needs.

A square or oblong house is most economical, since extra surface and roof areas increase the cost considerably. Remember that good modern design considers as most important the needs of family living, whereas traditional styles place more significance on outward appearance. As you look at a floor plan or walk through a house, notice the facilities for housekeeping, for relaxation, for privacy, for entertaining, and for rearing children.

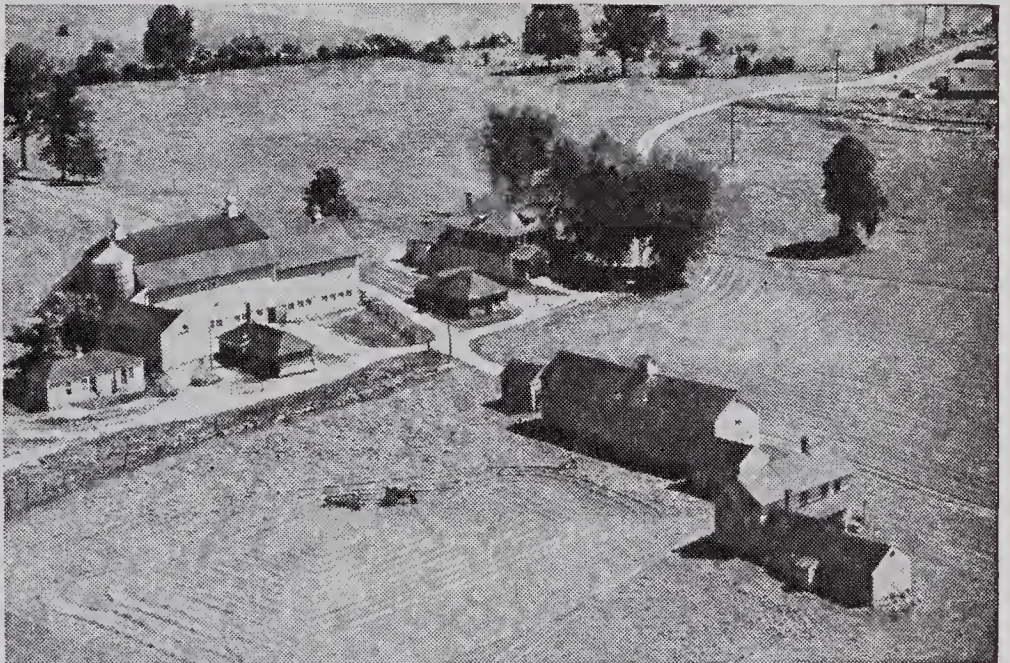
What equipment is best for an individual home?

Warmth, light, air, and water are as important as structure. Most modern houses are equipped with running water, electricity, and central heating, but some older houses do not have these facilities. One of the extra costs to be considered in purchasing an older house is the extent of remodeling necessary to install modern electrical, plumbing, and heating equipment.

Insulation is becoming important as a means of keeping a house warm in winter and cool in summer. Modern houses are insulated during the building process. Old homes can be insulated, but the cost should be compared with the amount that would be saved on fuel bills. The added comfort may not be



Photos from
Standard Oil Co. (N. J.)



Each of these homes was built to suit the locality in which it is situated. Top: row houses in Philadelphia. Center: a typical New England country home. Bottom: well-arranged buildings in a farming area.

worth such an expenditure. Good construction and weather stripping, as well as insulation, can save a great deal of heat.

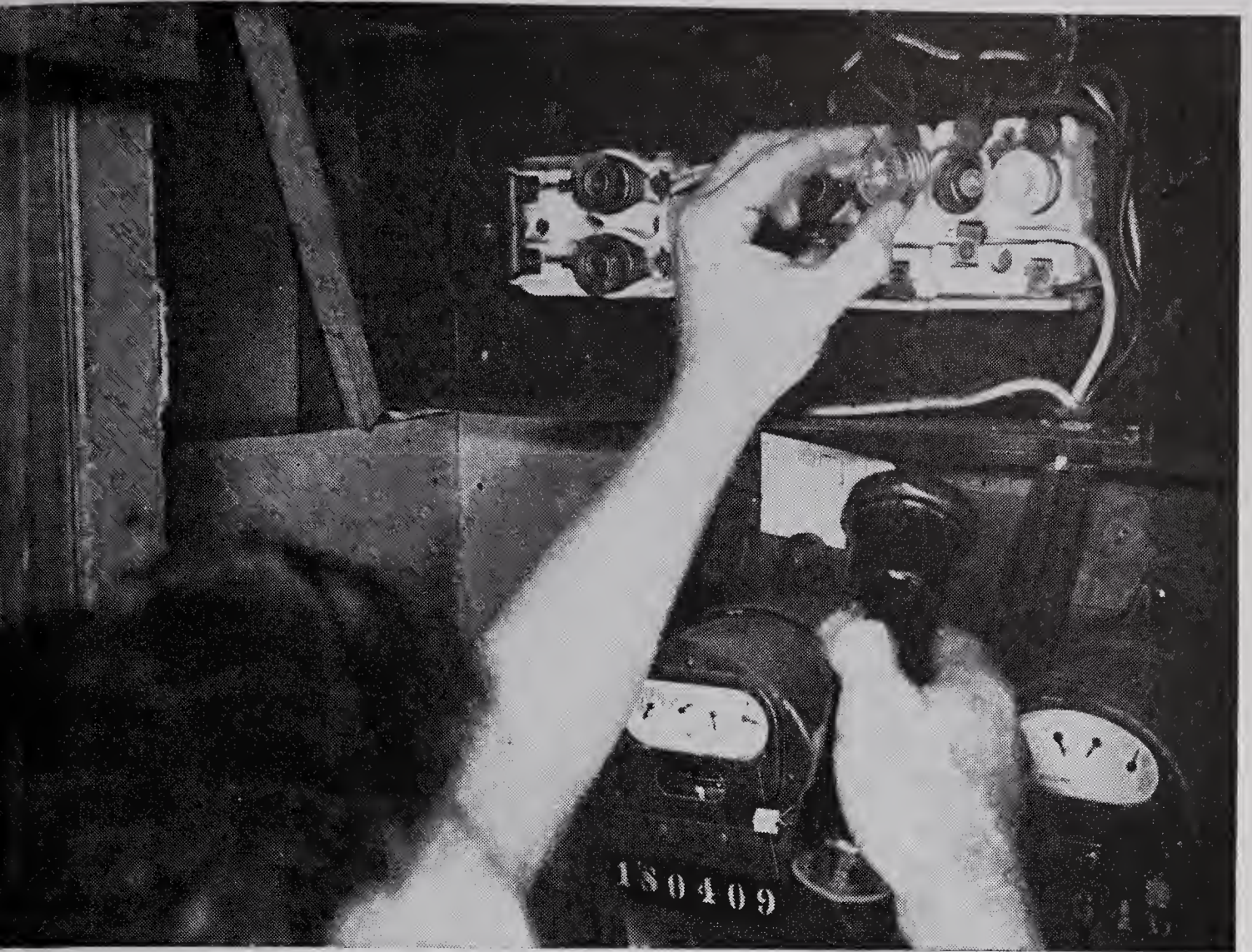
Many new homes are equipped with radiant heat. Entire floors, ceilings, and walls are warmed by electricity, hot air, or hot water. This method distributes the heat more evenly and prevents the occurrence of uneven temperatures caused by old-fashioned central heating.

A thermostat also helps to prevent fuel wastage. The thermostat automatically shuts off the heat when the temperature rises above a certain point and turns it on when the temperature falls. A thermostat should be placed on an inside wall of a house and not in a sunny spot, or the heat of the sun will shut off the thermostat, causing the rooms facing north to become chilly.

The choice of fuel for central heating is governed by its cost and availability. Modern installations usually use gas or oil because these fuels are easier to maintain than other fuels. Using them saves fuel storage space and makes housecleaning easier. A fireplace is decorative and pleasant, but it adds greatly to the cost of a house and must be considered a luxury rather than a necessity.

Air conditioning is becoming standard equipment, particularly in those parts of the country where the summers are hot. The costs of installation and operation of air-conditioning systems have decreased considerably in recent years. However, before installing a system it is important first to check whether the existing electric wiring is adequate to handle such equipment and then to estimate carefully the cost of installation and upkeep. Many people find that by insulating their house, cross-ventilating it with the aid of an electric fan in the attic, and keeping the windows closed during the hottest part of the day, they can maintain bearable room temperatures during the summer.

A good supply of pure water in the house is one of our best forms of health insurance. Houses are rarely built today without means for providing constant hot water. There are three principal ways of supplying hot water: (1) by the nonautomatic heater which must be lighted in advance; (2) by the automatic heater which is thermostatically controlled and keeps



National Safety Council

When a fuse blows out, it means that the circuit is overloaded. Having the electrical wiring in a house checked by the local utility company will help prevent fire damage.

water at a certain temperature; and (3) by other heaters designed to heat water as it is needed. The reasons for choosing a particular type of heater should include efficiency, material cost, cost of installation, cost of upkeep, and labor involved in upkeep.

Electrical equipment is being used increasingly in all homes. It is necessary from the standpoints of comfort, efficiency, and safety. In many homes the electric circuit does not provide sufficient power for the work it is called upon to do; thus, there is a constant danger of power failure and fire. If the lights in your home dim when an appliance is turned on, it means that the wiring in the house is inadequate. Representatives of your local utility company can give skilled assistance as to wiring needs. Following their advice may prevent a fire.

How important is a knowledge of color and line?

If you have ever moved into a rented house or apartment to find that your furniture clashed with the paint and paper, you will readily understand the importance of following a color scheme when furnishing a home.

A knowledge of how to use color, with the aid of a simple color wheel, will help to guide the home planner through the maze of new names for colors dreamed up each year for sales campaigns. Any colors will go well together provided their tones and intensities create a combination pleasing to the eye.

In planning a color scheme, choose two or three colors that go well together. These usually fall into one of three combinations:

Monochromatic Different tones of a single color. For example, light blue, medium blue, and dark blue.

Analogous Colors side by side on the color wheel. For example, different values of green and blue.

Complementary Colors directly opposite on the color wheel. For example, red and green.

In all the above examples, to use together colors of equal intensity would not be pleasing, but if the value is varied they become enjoyable. Remember the rule: "Something dark, something light, something dull, and something bright." Usually the walls, the floors, and the draperies provide the dark, the light, and the dull, with the bright being reserved for single splashes of color.

Colors give various impressions. Light colors give the impression of size and distance. Dark colors decrease apparent size. For example, dark colors in small modern homes are pleasing only where the window space is large enough to offset the size-decreasing effects.

Frequently in rented apartments and houses, the wall colors are chosen without the tenant's approval. When this is the case, pick neutral colors for your rugs so that the rugs may be used later with your own choice of colors. However, almost any color can become attractive, or at least inconspicuous, by a careful choice of other colors to go with it.

If you have a freedom of choice in color, choose one basic

color, then choose two colors to go with it to form a monochromatic, an analogous, or a complementary scheme. Decide on the colors for the walls and floor first, since they are the largest areas. Use different values and intensities throughout the room, keeping the brightest color as an accent for small areas, such as small pillows, pictures, or lampshades.

Since nowadays most of us live in small homes, we may prefer to use one color scheme throughout the house. This does not mean that one color is to be used everywhere; it means that one or two related colors should be used for large surfaces, with variations throughout in pattern, in shades and tints of the same colors, and in textures.

Color is the least expensive and the most noticeable part of furnishing a home. Therefore, you will find it worthwhile to study color in order to plan a harmonious arrangement that will please your family and make the best possible setting for the furnishings.

Walls and floors are the background for a decorative scheme. Walls take up two-thirds of the space in your home. If the paint or paper for them is carefully chosen, they add a great deal to the finished appearance of the home, even if you have little furniture.

You will remember reading about Bob and Mary Bowey in Chapter 10. They had little money with which to furnish their home after they had made the down payment. They decided that since they were going to do the painting and wallpapering themselves, their use of color must make up for a minimum purchase of furniture.

When they found they did not know how to choose color combinations, they first looked through home-planning bulletins and magazines and then asked a clerk in their local paint store for advice. He gave them some helpful material, not only on how to use color, but also on how to apply paint and wallpaper to achieve the best results. They learned, too, that many large stores and mail-order firms provide special services related to color planning which make it possible to buy harmonizing wallpaper, floor coverings, upholstery material, and draperies all at one time. These services helped Mary particularly, for she could not remember the exact color of each piece of material

in the stores and could not tell too much about the final effect from the swatches she took home with her.

The Boweys discovered many different types of paint—from relatively durable synthetic plastic paints to economical color washes that are quickly and easily applied but are not made to withstand hard use. They had intended originally to paint the walls of all the rooms. But when they found that in many of the rooms the plaster had not been evenly applied, they decided to wallpaper the main section of each room and apply matching paint to the woodwork.

They planned to use a patterned wallpaper in small areas, with plain paper to provide color accents. To make sure that these wallpapers were what they really wanted, before making a final decision, they took samples home and pinned them in the places where they would be used. They decided that, in general, a small pattern was most suitable in their small home. For the second bedroom they chose a plain wallpaper and matching drapery material to give the appearance of greater space.

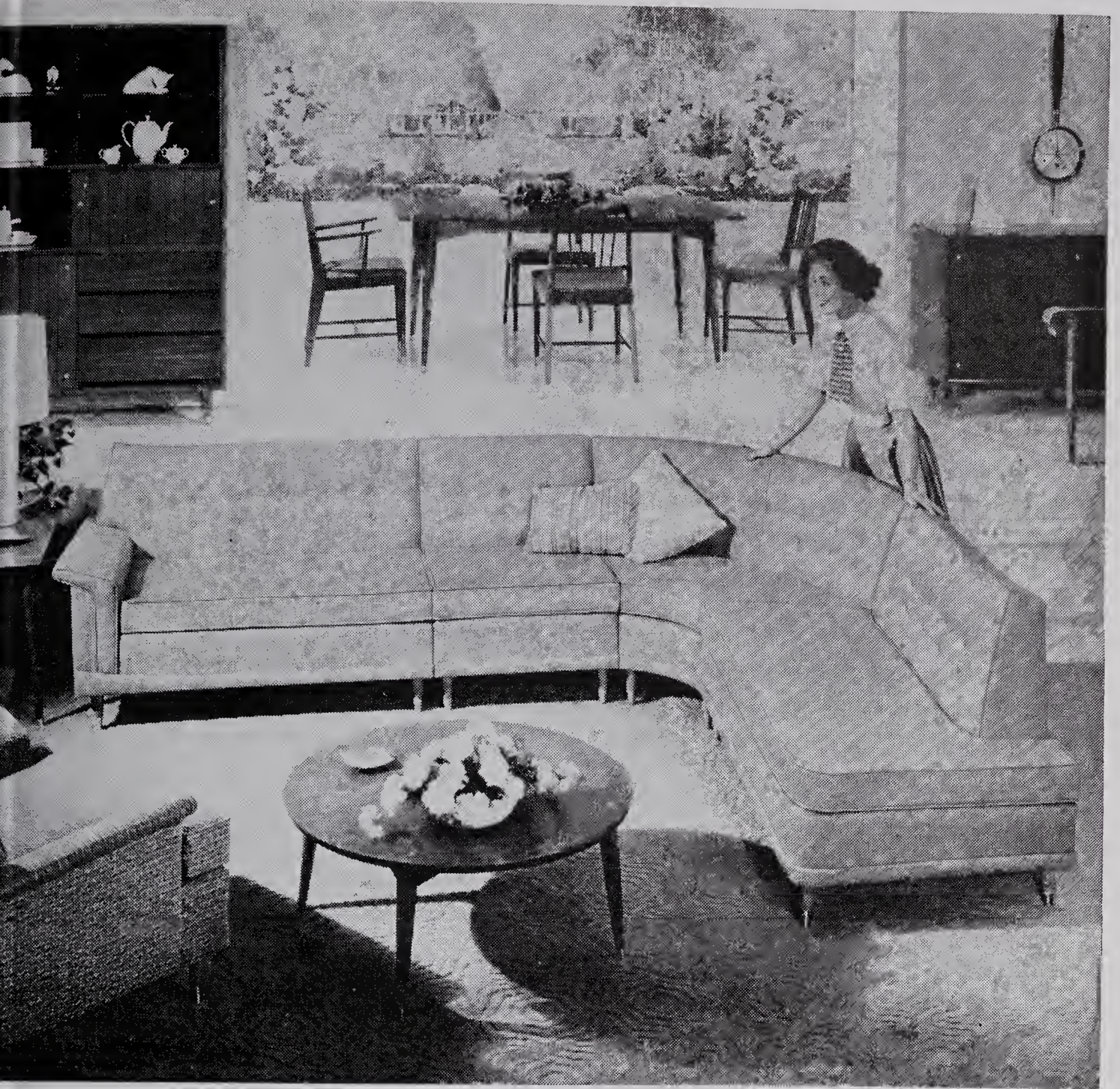
Floor coverings can be an expensive part of the budget. The Boweys had wanted wall-to-wall carpeting in their living room, but, when they estimated its cost, they decided to have the rug cut and bound in a size to extend to within one foot of the walls. To buy even this type of rug, they had to wait until they were financially a little more secure.

During their first year in the new house, they used cotton loop rugs that later could be transferred to the bedrooms. Each measured 3 by 5 feet, weighed 8 pounds, and could be laundered easily in a standard-sized washing machine.

When they are ready to purchase carpeting, they will choose a good-quality material in a solid color or small all-over pattern of a neutral shade that will become a part of the color scheme of the house.

Money can be saved by making draperies and slipcovers. Many homemakers now do their own painting, papering, and furniture refinishing. Making draperies and slipcovers is another way to give your home individuality while keeping the cost of furnishing as low as possible.

Mary Bowey had helped to make a slipcover and draperies



Kroehler Mfg. Co.

Notice in this combination dining-living room area how one wall has been papered with a scenic wall paper. It blends well with the furnishings and gives a feeling of space to the rooms.

in high school. Later she had attended extension classes where she had made a slipcover for her bedroom armchair. She decided that by making draperies and slipcovers for her new home, she could save a considerable amount of money even though she would need to rent a sewing machine. She checked the prices in advertisements for attractive ready-made slipcovers. If she had not had the experience or the time, she might have decided to purchase them. She knew, however, that if she made them

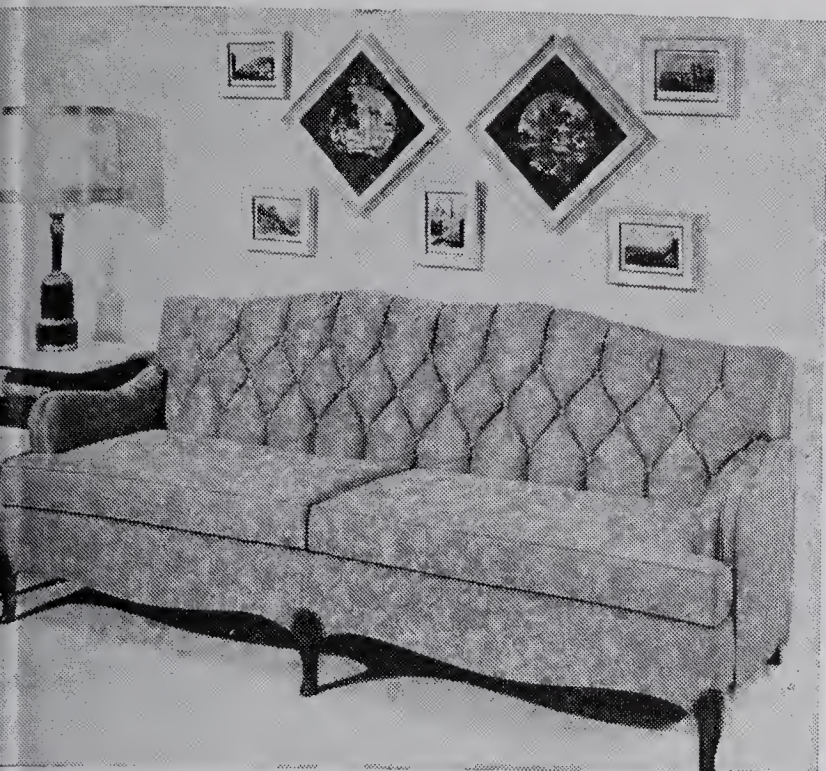
herself, she could buy better material of the exact color and texture that she wanted. She finally chose a material with a small all-over pattern that would conceal any small errors she might make, since she was not yet fully experienced at the job.

The material needed for draperies for an entire house can cost a considerable amount of money, so Mary decided to make draperies only for the living room. For the other rooms, she would buy colored linen shades and glass curtains. She tinted the glass curtains ecru to harmonize with their color scheme of beige, brown, yellow, and green.

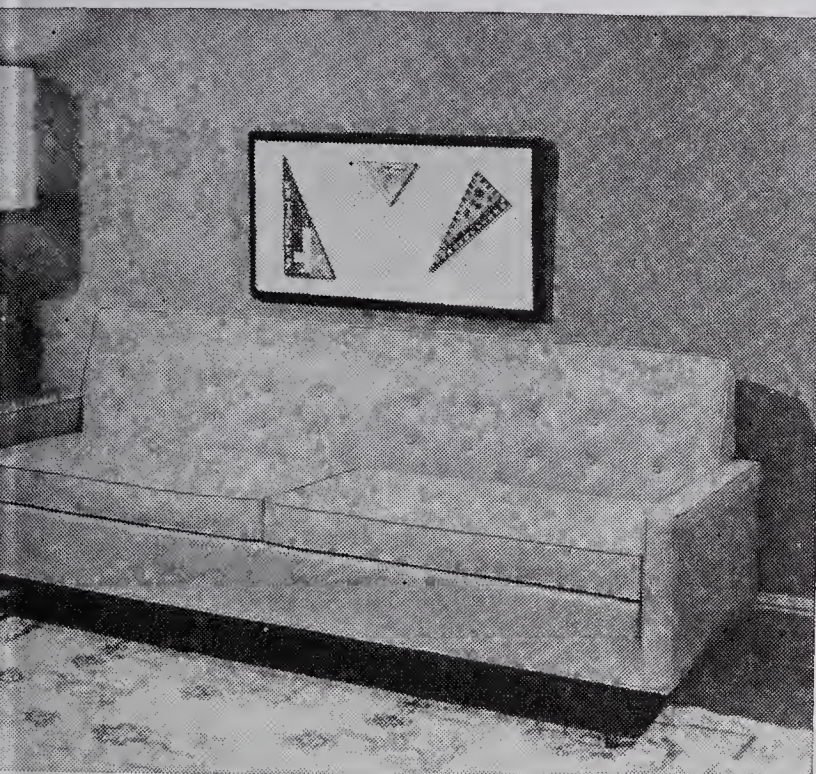
Look for good design, quality, and sturdiness in furniture. Furniture is a lifetime investment for most of us, and its purchase needs careful planning. Many young people start out by buying only the essential pieces and trying to beg or borrow the extras from their friends and relatives. Before buying anything, make a careful plan of the area in which the furniture is to go, measuring the available space and making sure to allow for radiators, windows, and the swing of doors. Double-duty and small-scale pieces of furniture are especially useful for small rooms. Besides being economical, they help to reduce house-keeping chores. A desk may be used as a dressing table; low stools may be used as coffee tables; armchairs may be used either at the dining table or as extra chairs in the living room. A drop-leaf table with extension leaves will take up little space yet provide for occasional entertaining.

The time and effort spent looking for simply designed, well-made furniture are never wasted. The furniture need cost little, if any, more than the exaggeratedly modern or heavily decorated traditional furniture, and it will be more of a pleasure to own through the years. Well-designed modern and traditional furniture are similar in their pleasing lines and can be used together harmoniously.

Architectural trends noticeably affect home furnishings. Modern homes with a large expanse of windows and open-style planning require furniture that can double as room dividers. Therefore, it is important to choose the furniture that looks well from various angles and that can be used in several positions.



A French Provincial sofa combining traditional styling and comfort.

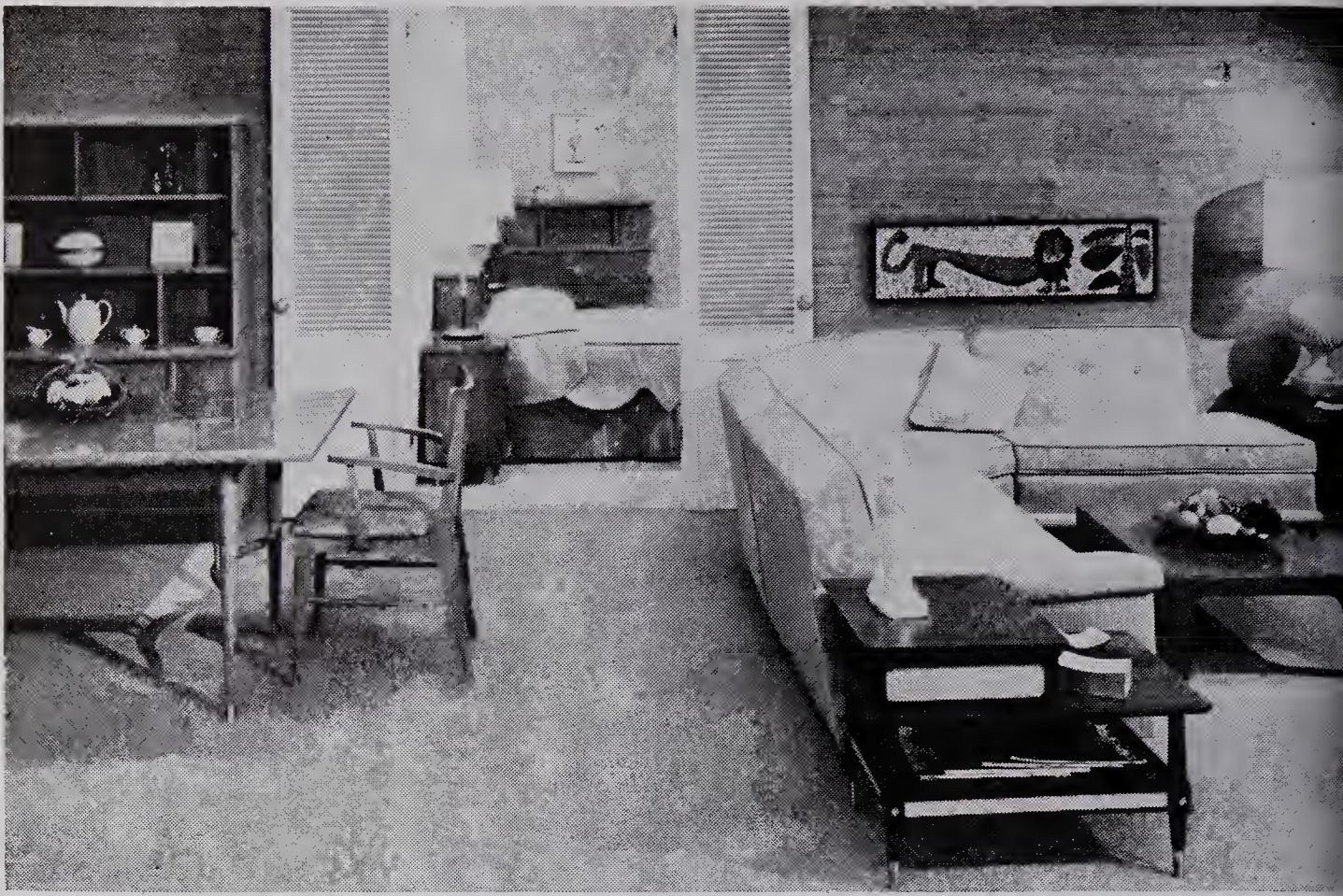


A practical modern sofa with plastic upholstery which expresses the clean modern look.



A reclining chair for "rest breaks." When upright, it also serves as an Early American style fireside chair.

Photos from Kroehler Mfg. Co.



Kroehler Mfg. Co.

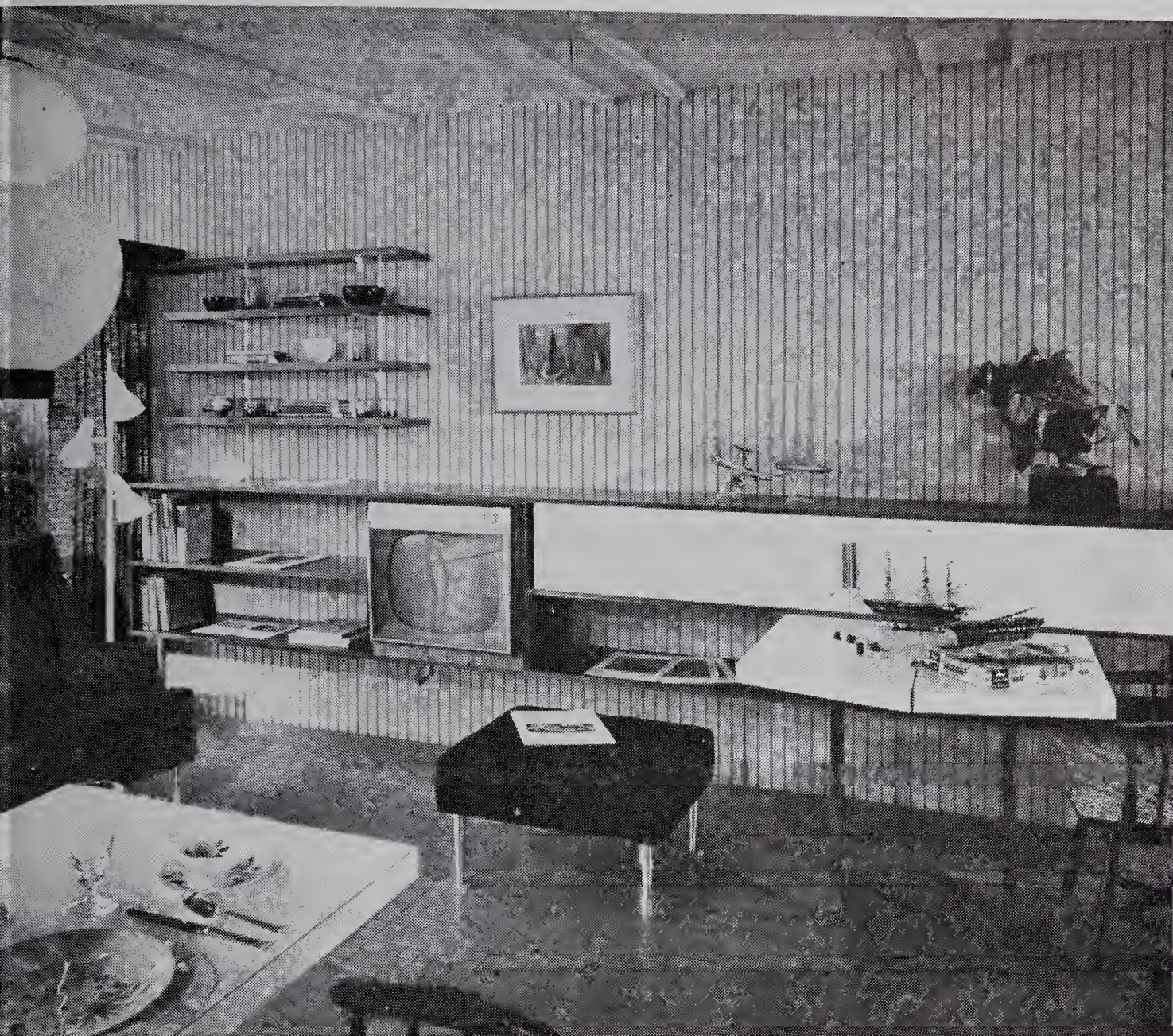
When the budget for a new home is low, money should be spent for large, permanent pieces. Small items, such as lamps, can be replaced when the budget allows.

Instead of buying all furniture with one kind of finish, pick out different furniture finishes that blend well together. Further purchases will be easier to make if a perfect match is not required.

Durable finishes and upholstery that does not show marks easily are necessary if there are small children in the home. The color of large upholstered pieces should blend with the walls and rugs. Bright accents can be used for cushions and chair seats.

A complete set, or suite, of furniture can be purchased, but many people prefer to buy the essential pieces first and later add other pieces which blend with the main pieces. Simple, well-designed pieces of different woods and finishes, useful for a variety of purposes, are the best buy and the most pleasant to use and maintain.

For a lower price than ready-made furniture, many pieces can be bought to assemble at home. Good-looking tables are



Julius Shulman

Notice how effectively wall space in this room is used for both storage and decoration. Thus it is both useful and pleasing to look at.

made by attaching separately purchased legs to a wooden door or to a well-finished length of lumber. Beautiful pieces of old furniture can be salvaged by careful refinishing. Before buying a secondhand piece, however, make sure that its construction is sound and that refinishing would not cost more than it is worth.

Convenient and attractive room arrangements require careful planning. Very few rooms have a basic construction that makes furniture arranging easy to do. Rooms can be made comfortable or uncomfortable simply by rearranging the furnishings. In today's small homes, the living room must be used by all family members for a variety of activities, and other

rooms are usually used for more than one purpose. Therefore, when planning the arrangement of any room, the following questions should be asked:

- 1** What activities will be carried on in this room? What furniture pieces will be needed, and how can they be grouped?
- 2** Is there clear access to all doors? Are the passageways between them unobstructed? How can furniture be arranged so that people do not stumble over low coffee tables or bump against each other as they move around? Could a dual-purpose table replace the coffee table?
- 3** Where should the center of interest be? Is the view from one of the windows a pleasant one, or should an interesting arrangement of furniture or accessories be made to draw the eye?

A good plan is first to make a scale drawing of each room on graph paper and then to make scale models of the larger pieces of furniture which must be fitted into the room. Moving the models around makes it easier to try out various arrangements.

Note the following points for room arrangement:

- 1** Place large pieces of furniture parallel to the walls. Do not leave waste space in the middle of the room unless furniture would interfere with traffic lanes. As a general rule, do not place furniture across room corners.
- 2** Group related pieces according to use. For example, if dining space is provided in the living room, try to see that tables, chairs, and storage space are grouped together and as near the kitchen as possible.
- 3** Place twin beds so that they do not cramp space unnecessarily. Sometimes they can be placed at right angles to each other to obtain added floor space.
- 4** Reserve a place for study and quiet reading. A bedroom is sometimes the best place for these activities.
- 5** Consider the possibilities of using a bedroom or the dining room as a second sitting room, so that some members of the family may entertain friends or watch TV without inconveniencing others.
- 6** Arrange adequate lighting for reading, hobbies, and study.

Is adequate lighting essential to comfort and convenience?

Adequate lighting means sufficiently bright light, evenly distributed throughout a room, without glare or shadow. If lighting is to be both sufficient and attractive, it must be considered as much an integral part of the house plan as are the furnishings, and adequate circuits must be installed.

Free advice and service on lighting are now offered by most electric light companies. By taking advantage of this help, a family can make their home safe, sanitary, and attractive. The best lampmakers have rigid specifications which follow the recommendations of the Illuminating Engineering Society. The members of this society have done much research on the amount of light needed in various centers in the home. They suggest table lamps 25–28 inches tall with 10–12-inch shades and floor lamps from 58–63 inches tall with sloping shades. They also recommend using both diffusing bowl and reflector. High-powered bulbs are also needed to provide a good source of light.

In buying lamps, allow for a distribution of good lighting throughout the rooms where it is most needed for reading, sewing, studying, eating, and playing. When the Hansons moved into their house (see Chapter 11), the kitchen lighting consisted of one bulb suspended from the middle of the ceiling. Since the house was twenty-eight years old, some rewiring was essential to take care of the electrical equipment which they had brought from their apartment, although they discovered that the circuit would carry safely enough current to operate a washing machine and drier. So that no lamp would be located more than six feet from its source of electricity, they installed wall outlets throughout the house. In the kitchen Mr. Hanson installed shielded fluorescent lighting over the main work centers.

Although the sources of light should be considered in the original house plan, it is wise to delay buying lamps until the color scheme and the basic pieces of furniture have been chosen. By doing this, you can purchase lamps that will add a decorative appearance to the room and provide an accent to the total color scheme, yet harmonize with the overall arrangement.

Why is planning for safety important to everyone?

A safe home depends a great deal on good building construction, good furniture arrangement, and good storage facilities. In addition, each family member is responsible for seeing that hazards are avoided and good safety practices are made a matter of habit.

Surveys show that more accidents occur in the home than anywhere else, and far outnumber road accidents. And in the home, the greatest danger points are the kitchen and the bathroom. Why is this true?

All the following questions on safety should be answered yes.

In the kitchen

Are stove burners located a safe distance from curtains? Is the pilot light on the gas range reliable? Are sharp utensils kept in a special container? Is nonflammable dry-cleaning liquid used for cleaning? Does the iron have a heat-resistant stand? Is the step-stool safe?

In the bathroom

Are tub and shower equipped with a firm handrail? Are electric outlets placed a safe distance from tub and shower? Are poisons marked and kept apart and out of the reach of children?

On the stairways and steps and in the halls

Do all stairways have strong handrails? Are stairs kept free from all objects? Are carpets securely fastened? Are stairs adequately lighted?

In the basement, storage room, and laundry

Does the wringer have a safety release? Are the furnace, water heater, and flues inspected regularly? Are toys and sports gear always kept in specific places?

In other areas of the home

Are electric devices disconnected when not in use? Do pull-type lamp sockets have an insulating link? Do small rugs have rubber underpads to prevent slipping? Does the furniture arrangement allow free traffic lanes?

Accidents do not just happen. They are caused through faulty house arrangements and careless practices. Every member of the family, from the youngest to the oldest, can secure greater safety in the home by preventing unnecessary hazards.



*A kitchen should be arranged
so that a child's curiosity does not
cause disaster.*

National Safety Council

How essential is house care?

However beautiful the furnishings and color combinations and however thoughtful the planning and arrangement, a home does not remain comfortable and attractive unless it is well kept.

The amount of work involved in this care is determined by the situation, the choice of furnishings, and the attitude of family members. Floor coverings, walls, and furniture chosen because they are easily cared for will lessen the housekeeping tasks. Homes in cities or in industrial areas often need special house care to prevent the rapid collection of soot and dirt. Fine screening on the windows and frequent housecleanings are necessary.

The choice of furnishings determines whether or not the work will become a burden. Easily cleaned floor coverings, nylon or orlon curtains, plastic upholstery, and permanent finishes on metals and furniture all help to keep house care at a minimum. If each family member is willing to assume some responsibility for keeping his home beautiful and comfortable, homemaking is less of a burden.

No one likes a house where everything must always be kept in perfect order. At the same time, no one wants an untidy, dirty home to which they are ashamed to bring their friends.

Housekeeping never takes care of itself, though it is most successful when it appears to do so. Housekeeping standards

vary with each family. Some families are satisfied with a standard of house care which would make others feel that they had to start cleaning up immediately. Frequently it is difficult for a young couple to understand and adjust to each other's standard of housekeeping because each has been accustomed to quite different patterns of home living.

The BOWEYS met this problem soon after they had settled in their home. After her marriage Mary lived at home with her parents while Bob was in the service. Mary's parents, who were active in community affairs, felt that house care was unimportant compared to outside activities and family pleasures. The whole family shared in the care of their home, but nobody felt that a neat, orderly home was particularly necessary.

Bob's background was different. His mother was an active, energetic person who maintained high standards of housekeeping and did not encourage the men in the family to help with housework. In addition, Bob's stint in the army had increased his liking for order and neatness.

At first Bob and Mary could not understand each other's point of view. Bob thought Mary's housekeeping was untidy and messy. Mary resented the fact that Bob made no attempt to do his share as her father and brothers had always done. But, since they wanted to please each other, they eventually worked out a system that suited them both. They soon realized that caring for a home requires just as much planning and forethought as building one.

The HANSON family had been accustomed to sharing the care of their home ever since the children were old enough to set the table and make their own beds. They could not afford elaborate labor-saving equipment, but they always bought the most effective cleaning tools and materials for the money they had. Their furnishings had been chosen to require the minimum of care. Each member of the family took care of his own room and shared the care of the bathroom. The last person to bed would see that the living room was left in good order. The children shared the job of setting the table for dinner in the evening.

Mrs. Hanson did most of the routine weekly cleaning jobs

herself, with help from her family on special jobs that needed to be done from time to time. No one felt particularly burdened with household tasks, yet everyone was proud of keeping his home clean and attractive.

In most homes, house care has these points in common:

A plan of operation

A plan of operation takes into account the jobs to be done and the help available.

Storage space and equipment

Enough storage space, tools, and cleaning materials are needed to do a good cleaning job. By keeping furnishings simple and by eliminating all unnecessary bric-a-brac, cleaning jobs can be considerably reduced. Easily cleaned cellulose sponges or sponge mops, disposable dustcloths, and wastebasket containers all will help to make cleaning quick and effective.

Although it is possible to achieve a clean house with few tools, a certain number are needed to do the work quickly and easily. The minimum equipment includes a vacuum cleaner with attachments, a carpet sweeper, a broom and dustpan, a wet mop or sponge mop, a dustmop, dusters, cleaning cloths, sponges, and small brushes. These items should be chosen carefully to suit the job to be done. For example, in choosing a vacuum cleaner, remember that the upright model uses suction and brushing and may be preferable for rugs and that the tank-type model uses suction only and is particularly useful where it must be moved to different floors. Directions for use and care of equipment are usually provided at the time of purchase and should be carefully followed.

Cleaning and decorating materials include furniture and floor polish; scouring powders; detergents; paint, window, wallpaper, upholstery, and metal cleaners; and spot removers. Watch for new developments in cleaning materials and try out new products as they appear on store shelves.

Daily care

Daily care depends upon the arrangement of the home and the number of people living in it. The goal is to keep the home neat and orderly so that the family may go about various activities easily and effectively. In the morning, beds must be made and clothes put away so that the bedrooms are ready to be used again. The living room must be made ready for the family to

spend leisure time comfortably. The kitchen should be kept clean and orderly so that meals may be prepared without wasted effort. The amount of actual cleaning required each day depends upon the habits of family members and the amount of dirt in the surrounding neighborhood. If every family member picks up after himself, a minimum amount of labor will be involved.

Weekly care

Weekly care of the house includes thorough cleaning of the floors and furniture. Some people find it easier to do all the floors one day, polish all the furniture another day, and do other weekly jobs on separate days. Others prefer to take each room in turn and clean it thoroughly. The first way is usually more efficient, but the second may be more enjoyable because the jobs are varied and the end result is more apparent.

Jobs to be planned for in weekly cleaning include (a) dusting mirrors and light fixtures; (b) using a vacuum cleaner or soft brush on upholstery, draperies, shades, and rugs; (c) cleaning and polishing wood furniture and wood floors; (d) cleaning paint on window sills and around doorknobs; (e) dusting pictures and books; (f) cleaning metals; (g) defrosting and cleaning the refrigerator; (h) cleaning the range; and (i) stripping beds and airing mattresses.

Occasional care

Occasional care includes cleaning painted surfaces; washing windows, mirrors, and picture glass; shampooing upholstered furniture and rugs; and cleaning cupboards.

Laundry

Laundering is done daily, weekly, or occasionally. In families with small children, where an automatic washing machine and dryer are available, it is often easier to do a load every day, particularly if the garments require little or no pressing. If most of the laundry is done weekly, nylon hose and underclothes may be washed daily. Some families plan each week to do one extra load that will include the items that are laundered only occasionally, such as blankets and cotton scatter rugs.

Many families with young children feel that an automatic washing machine and a dryer is a necessity, particularly a dryer. But families living in small apartments manage well by using the commercial neighborhood automatic laundry for larger pieces and possibly a small portable washing machine at home for the rest of the laundry.



Norge Division, Borg-Warner Corp.

Laundry equipment should be purchased only after careful thought has been given to the family's needs.

Good care of the home and any surrounding grounds usually requires some co-operation from each family member. If everyone picks up after himself as he goes along, housework can be done without placing too great a burden upon any one member of the family. A family plan should be made so that everyone takes some responsibility for home care.

Chapter checkup

- 1 Marge and Gene, who live in a northern state, are planning to build a home. They like the ranch-house style of architecture, but are not sure whether it would be practical for them. They are planning to build on a small wooded lot which slopes back from the highway.

From their friends they have heard the following statements. Do

you think all of their friends are helpful? Which ones are right? What would you add to this list?

- a Ranch-house styles are attractive and suitable to areas where land is not too expensive.
 - b The larger the area of a house, the higher the building costs will be.
 - c A large space is expensive to heat.
 - d A compact style of house is most suitable where the winters are cold.
 - e How well the house fits the family is more important than the style of architecture.
 - f The style of architecture should take into account particular features of the building lot.
- 2 You are planning to build your own home and are considering the problems of temperature, water supply, and artificial light. Can you tell three things about each of these items that would help you to make a wise choice?
- 3 Give examples of color schemes that are monochromatic, analogous, or complementary. Choosing one of these schemes, tell how you would use the colors for walls, floor, large pieces of upholstered furniture, and accessories. Illustrate your plan by selecting scraps of wallpaper and rug, upholstery, and drapery material and pasting them on a sheet of construction paper.
- 4 Tell which of the following statements are true or false. Give reasons for your answers.
- a It is usually preferable to use only one kind of wood in furnishing a room.
 - b A few really large pieces are best for furnishing the living room.
 - c Many pieces of furniture can serve more than one purpose.
 - d Secondhand pieces are rarely worth the money spent on them.
 - e Almost any piece of furniture is worth refinishing.
 - f For most families durable finishes and easily cleaned upholstery are important points to consider when buying furniture.
- 5 What type of lamp fixture and bulb wattage would you recommend for study? For sewing? For kitchen activities? For outside the back door? For the bathroom?
- 6 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

dual purpose
installation

insulation
traffic lanes



Chapter forecast

Chapter 13

What factors determine how much a family shall spend on clothing?

Du Pont Co.



How do family interests and activities affect plans for clothing expenditure?

Du Pont Co.



Never be dazzled by rows of handsome dresses. Just ask yourself, "Is this dress the best quality I can get for the money I can afford?"

Teen Times

Is price always an index to the quality desired?

Du Pont Co.



Chapter 13

Wise choice of clothing makes a difference

Families differ in the way they tackle their clothing problems, since what is best for one family is not necessarily the best for another. However, family welfare is dependent to a great extent on how clothing problems are handled. Let us examine the experiences of three families and compare their success or failure in using their clothing dollars wisely.

The Smiths attached great importance to appearance. As a group they appeared in the latest styles in clothes of quality and good taste. At one time, Mrs. Smith was considered the best-dressed woman in town. However, this esteem did not make the Smiths highly successful socially. One reason may have been their reluctance to entertain. They realized that their home was unpainted, rundown, and far from attractive. Mr. Smith was always worried about paying charge accounts and loans, because paying

them required a large part of his income. Poise had never been an attribute of the members of the Smith family. They always seemed conscious of the clothes that they wore and of those that others wore. One welfare agency in town received many articles of clothing from the Smiths regularly each year.

The Jones family put little value on clothes. Mrs. Jones was often heard to say, "Anyone is well dressed if her clothes are clean." Susan, a daughter in high school, was shy and retiring and had few friends. Her clothes were always neat, but they were uninteresting and even dowdy. They seldom seemed to really fit her figure or her personality. Mr. Jones was pleased with the small amount of money the family spent on clothes, for he had not succeeded as a salesman and the family income was low. Joe, a grown son, spent all his money on clothes, was careless with them and never seemed to have enough of them for all occasions. He was always secretly ashamed of his family's old-fashioned appearance. Therefore, although his home was attractive and well kept, neither he nor his sister ever brought home their friends.

As you may have guessed, these two families placed extremely different values on being well-dressed. However, all families will differ somewhat in this respect and rightly so. At the same time, these two families exemplify two extremes in the method of handling clothing problems that did not contribute to the welfare of either family.

Apparently the Smiths spent beyond their means, and, considering the state of their home, it was probably overspending on clothes. Yet this emphasis on the wardrobe, to the detriment of other factors important to their living, did not, in the long run, make them happy about their dress.

The Joneses paid too much attention to cleanliness and too little attention to style and appropriateness in dress. Evidently Joe had not had the proper training in selecting clothing. He may have been compensating for feelings of inferiority about his appearance. Might the family's lack of concern for appearance perhaps have caused Mr. Jones's failure in business and the retiring personality developed by Susan?



These girls know that the fiber of which clothing is made will affect cost, wear, and appearance. They prefer simple clothing, that is easily cared for, to wear for school and other activities.

Future Homemakers of
America

Mr. and Mrs. Wright had a sixteen-year-old-daughter, Ruth, and an eight-year-old-son, Jimmy. They were all popular in their community. No one thought too much about how the Wrights were dressed, only that they were well-poised, interesting people. Someone once asked what Mrs. Wright had worn to a certain community affair, but no one could remember exactly. They did remember that she looked attractive and had seemed to have had a good time. When some of Ruth's school friends tried to analyze the reasons for her popularity, they realized that Ruth really had few clothes. "I don't believe she has more than four outfits for school!" said one girl. "But," said another, "they seem to be a part of her, so right for the occasion and for Ruth herself. I wonder if the Wrights ever really think about clothes, although they are always so well dressed?"

Actually, the Wrights did think about clothes. They planned carefully the clothes they needed for all occasions, and they shared the expenditures for new clothes. In fact, the whole family

planned together how to use and care for what they had and how to get the most value for their clothing money. Friends might have thought they gave little time to clothes, because, once the system of planning, caring for, and wise buying of their clothing was done, the Wrights forgot about their appearance and took interest in other people and their activities. Perhaps you would like to figure out why the Wrights made this part of their family living so successful.

Ideas for action

1 Sources for study

Fitzsimmons, C., and White, N. *Management for You*. J. B. Lippincott Co. Chicago. Chapter 8.

Lewis, D. S., Bowers, M., and Kettunen, M. *Clothing Construction and Wardrobe Planning*. The Macmillan Co. New York. Part III.

Oerke, B. V., *Dress*. Charles A. Bennett Co. Peoria, Illinois. Chapter 4 and Chapter 8.

- 2** Plan skits portraying how personality can be affected by the clothing one wears. Consider the effect of color, line, and comfort on how a person feels.
- 3** Investigate current fashion trends. Choose from these styles the ones you think are most suitable for you. Tell why you think certain styles are most likely to stay in fashion.
- 4** Visit clothing stores where you can study clothes for men, women, and children.
 - a** Observe the ranges in quality of various articles of apparel.
 - b** Compare prices, in different types of stores, for clothing of similar qualities. Suggest reasons for possible variations.
 - c** Study clothing labels.
 - d** Visit some clothing sales events to study values in relation to costs.
- 5** Plan a demonstration on how to fit garments.
- 6** Bring a garment needing alterations to make over in class. Alter a garment for a member of your family.

- 7 Conduct the following survey of the wardrobes of the members of your family:
 - a List the activities engaged in by each person.
 - b List the clothes on hand.
 - c Decide which new garments are needed and figure their approximate cost.
 - d Figure out a long-range plan for future clothing needs.
- 8 Estimate the amount of money spent on your clothes this year. Compare this with the amount spent on clothing for other members of your family. Estimate the approximate amount of money your family spent on clothes, and compare this total with other family expenses, such as shelter, food, and recreation.
- 9 Plan a wardrobe suitable for a kindergarten child, including everything he might need for play, school, and dress. Figure the approximate cost. Decide which clothing will probably need to be replaced next year.
- 10 Invite a qualified clothing dealer to bring some garments from the store to show different standards of workmanship. Observe various finishes used in making garments, including such things as kinds of seams and hems.
- 11 Make step-by-step formulas for wise buying of articles that various class members plan to purchase in the near future.

How much can a family spend for clothing?

Unfortunately, there is no convenient index for figuring the percentage of income a family should spend for clothing. Studies have shown that 10 to 15 per cent is the usual amount of expenditure. Many circumstances, however, can vary the amount a family should spend in this area. To a great extent, the number of growing children affects the amount to be spent on clothing. A family of adults often can get along with few new articles of clothing, whereas children, as they outgrow their shoes and garments, must have new correctly sized clothing to protect their health.

If a homemaker works outside her home, her wardrobe will need to be quite different in style from a wardrobe used by someone who stays home, and it will need to be more extensive.

A family active in outdoor activities usually finds that the amount spent for sports clothes is different from the amount spent on clothing by a family primarily interested in concerts, the theater, or stay-at-home activities. The occupation of the father in one family may require that he own several suits of good quality and cut, and therefore demands greater expense than is needed for the father in another family who wears coveralls to work.

The location of a family's home may affect its clothing expenditures. A cold climate with a short, warm season may mean more expenditures for wool garments, heavy boots, and extra jackets. Planning, buying, and keeping clothes in good condition all affect the family clothing costs.

Each family member has certain physical and psychological clothing needs. Before making any plan, these needs have to be considered. The problem is how to keep these needs satisfied, yet stay within the money limit which has been set for buying clothes. The high cost of clothing makes this area in family budgeting extremely important.

Fair share is not always equal share. Each member of the family should share the money available for clothes. Determining the share of each member is not only a problem in mathematics but often one in the area of good family relationships. For many reasons, it is not usually practical simply to divide the money by the number in the family to find how much each should have for clothes.

In some cases, clothing needed by the breadwinner may take a sizable share of the clothing money. Growing children may require more money for clothing because they outgrow their clothes so quickly. What other reasons can you give to explain why a family cannot divide clothing money equally among its members?

Clothing purchases should be made a part of a long-range plan. Do you remember how successfully the Wright family solved their clothing problems? (See pages 315–316.) One of their secrets was using a system of long-range planning. As they purchased each new item of clothing, it had to fit well into the wardrobe each member already had. With few exceptions, each



FACTORS WHICH DETERMINE A FAMILY CLOTHING PLAN

article of clothing was always worn with other articles, and therefore needed to be a part of a harmonious whole.

Have you ever heard of Miss Haphazard? She happily purchased garments that appealed to her, without thought for how well they would harmonize with clothes she already had. One time she bought at a sale a green sports blouse and a brown sweater. When she got home, she discovered that neither looked well with the blue and gray skirts she already owned. As you can guess, she had actually less to wear than before, for she had spent her money and still had no increase in the number of different costumes she could wear.

The Wright family made some mistakes, too, in failing to visualize entirely the satisfaction they would receive from certain

items of clothing. However, they listed the errors they made so that they would not make the same mistakes in future buying. Some of these mistakes included not allowing for shrinkage; buying without regard to durability or colorfastness; and failing to obtain correct fit.

Long-range planning also includes making arrangements for staggered purchasing of expensive items of clothing, so that coats, suits, and other such garments do not need to be bought for the entire family in the same year.

Buy clothes with an eye to fashion. By studying fashion magazines, you can choose styles that are best suited to each member of your family. You can also decide which of the new lines, colors, and other ideas are most likely to stay in fashion for some time.

Being in style is a part of being well dressed, but it is not wise to adopt all fads or publicized fashions simply to be “in style.” To be able to choose from current fashions those aspects which are particularly becoming, practical, and “right” for each person is an art. One way to do this is to avoid the styles that are impractical, too fussy, or uncomfortable. Usually the fashions that go out of style most quickly are those that are unbecoming or that present a maintenance problem.

Becomingness and fit are important in selecting clothing. Choosing the lines, the colors, and the textures best suited to the individual every time a new garment is selected is a way of building a wardrobe that will give the most use for the money invested. How a garment fits you determines how comfortable it is.

Try analyzing your feelings about one of your garments which is suitable for many of your activities but which you seldom wear. Is it becoming? Is it a color you like? Do you feel “right” in it? Is it comfortable? If your answer to any of these questions is negative, what points might you remember when you again purchase a similar garment?

How can you judge quality in clothing?

Judging quality in clothing is becoming increasingly difficult. When your grandmother was your age, she could judge quality



Chicago American

The night of the junior hop or the senior prom is important for high school girls. Each of these girls has chosen the right dress for the occasion.

What makes for family well-being? 321

to some extent by the “feel” of a fabric. However, the innumerable mixtures of fibers used in the manufacture of fabrics today makes the thumb-and-finger method of selection far from adequate in judging quality. You will find that you must depend upon labeling and price to some degree. A knowledge of the characteristics of the most common fibers used in fabrics will also be helpful.

Quality cannot be gauged by price alone. There is some correlation between price and quality, but this is not always true. One pair of men’s slacks costing ten dollars more than another pair may long outwear the cheaper pair because of the closer weave and the greater tensile strength of the fiber used. In this case, a better quality meant a better buy.

On the other hand, a woman’s hat may cost ten dollars more than another because of its high-fashion features and exclusive design. It may be a mere fluff of a hat that will not last more than one short season.

At times the cost of wide advertising raises the cost of a clothing item far beyond its worth.

The store in which you buy a garment may affect the price you pay for it. The person who selects a garment in the air-conditioned luxury of a fashion salon must expect to pay for some of the cost of the surroundings.

Quality may vary with need. In buying clothing, the Wrights had to decide how much they could afford to spend for quality. Since Jimmy was in the growing stage and outgrew his underwear, polo shirts, and dress trousers long before they were worn out, it was apparent that these items should be of low or medium quality. However, when Mr. Wright bought shoes, he wanted the best quality. He liked wearing comfortable, well-built shoes, and he expected them to retain their shape and good appearance for several years. Ruth paid much less for a party dress which would be worn only occasionally than for a school dress which would get constant use and need frequent cleaning. Sometimes the Wrights found it was wiser to choose clothing of lower quality in order to keep from spending money they did not have.

There is a point in all buying at which further expenditure of money brings little corresponding value in terms of satisfac-



CONTINENTAL



NEW
DOUBLE-
BREASTED



IVY
LEAGUE



AMERICAN
NATURAL

Why are size and fit important to wise buying? These are the major points to notice in the fit of a man's suit:

- 1 COLLAR
Fit snugly at back and sides of neck.
- 2 SHOULDERS
Firm line with no wrinkles.
- 3 LAPELS
Should be smooth across chest.
- 4 ARMHOLES
Comfortably large.
Freedom to raise arms without noticeably raising coat.
- 5 COAT
Should hang straight from shoulder without wrinkles or bulges.
Buttons without pull of fabric.
Covers seat of trousers.
- 6 TROUSERS
Snug, not loose at waist.
Hang naturally and straight.
Not too tight in crotch for comfort.

American Institute of Men's and Boy's Wear.
Drawings by Sid Bunyan.

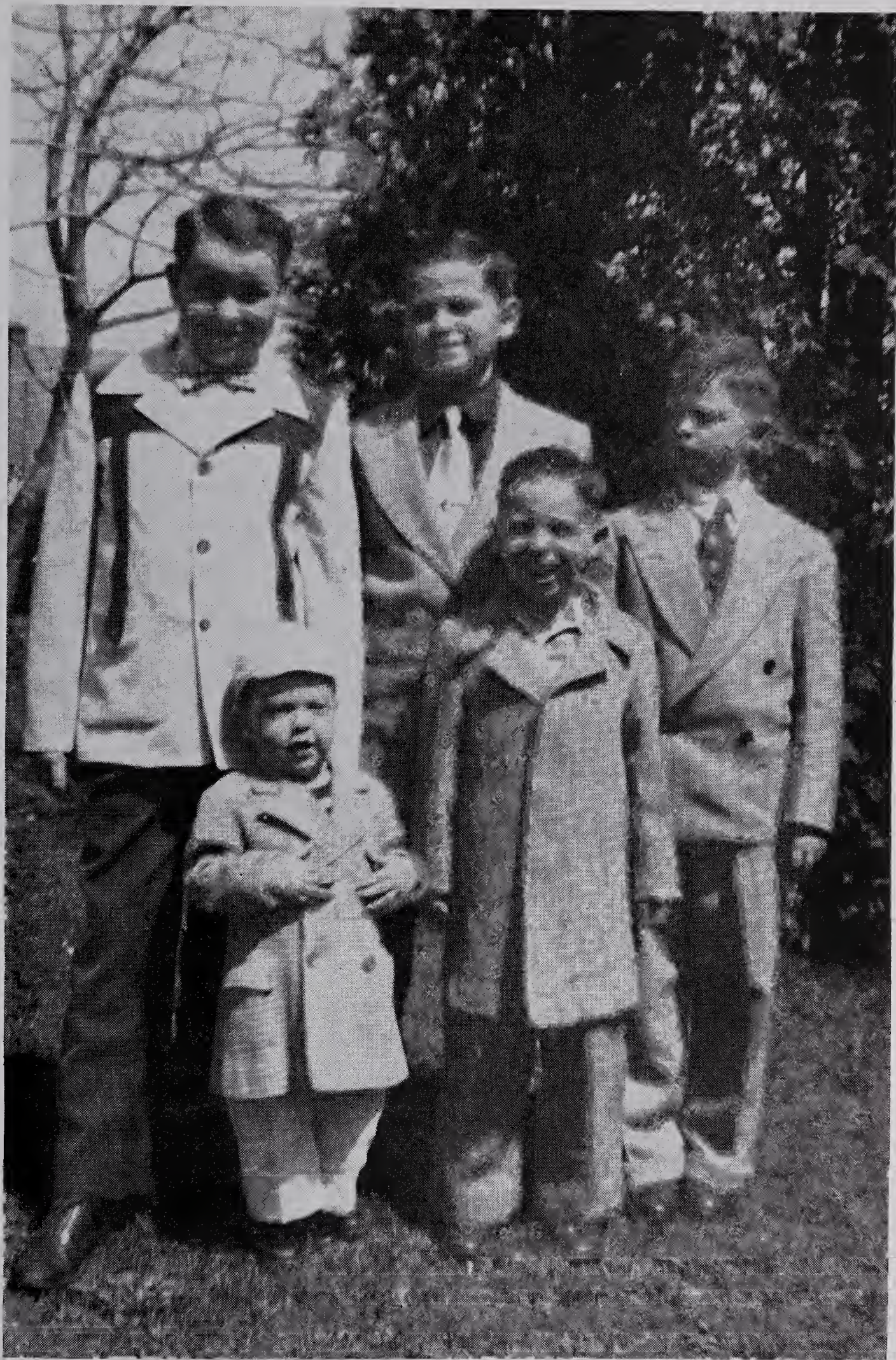
tion. Mr. Wright bought a certain brand of suit selling at a specific price and found it highly satisfactory in both appearance and durability. If he had spent twenty dollars more for a better suit he would actually have gained little, if any, more satisfaction, considering the kind of wear he ordinarily demanded from his suits.

Workmanship is a key to wise selection. Mr. Wright was amused at first at his wife's concern with workmanship on articles of clothing she was considering for purchase. Later he admitted that he had learned the value of examining ready-made garments carefully before purchase, and proudly asserted that he had become an expert himself in this phase of clothing selection.

Workmanship certainly affects the durability of a garment, but it affects also its appearance and the amount of care it will require. If lapels on a tailored garment are not interfaced, the garment may lose its tailored appearance because the lapels will wrinkle out of shape. If too little fabric is allowed for seams, the seams may pull out, and the garment will require repair or sometimes will need to be discarded. Can you think of other ways poor workmanship would mean poor buys in clothing?

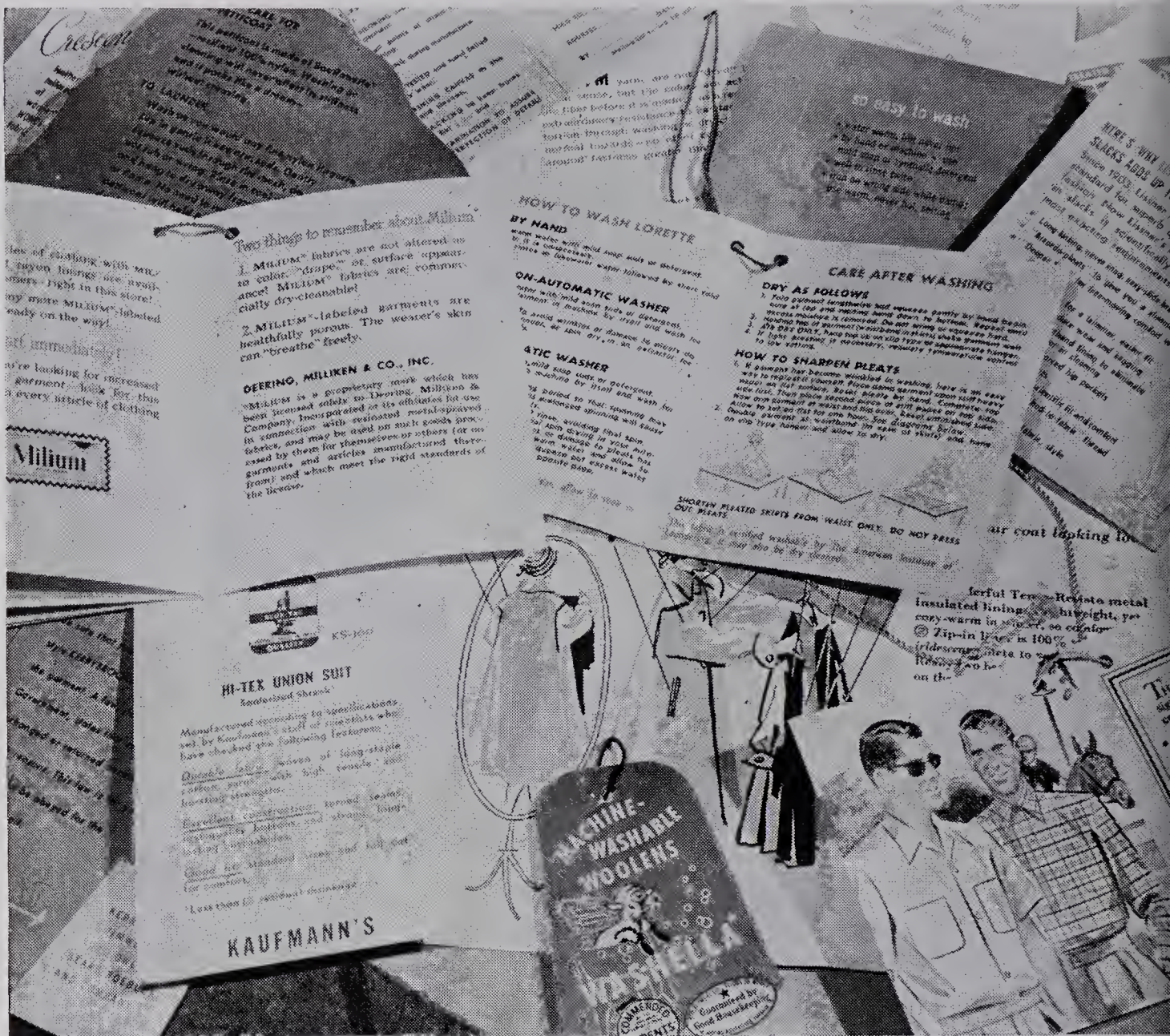
Smart shoppers read labels. There are some government regulations regarding labeling, particularly in the identification of the percentage of various fibers used in the manufacture of fabrics. These regulations are not adequate at present, but many reliable manufacturers have extended their labeling beyond legal requirements. More interest and demand by consumers would encourage more regulations for accurately labeling clothing and other consumer goods.

Labels can be misleading. A good label on a garment will give not only the fiber content of the fabric, but the care required, the washability, the resistance to sun and perspiration, and the proper storage directions. Some labels give little information of any value. A garment may be labeled "wrinkle resistant." This may mean the garment will not wrinkle easily, but it will require ironing when it is laundered. "Mothproofed" is a vague term which does not indicate whether the finish is temporary or permanent.



What factors affect the cost of children's clothing?

What makes for family well-being? 325



Money Management Institute of Household Finance Corporation

Labels vary in value to the consumer. Before you buy, read all the labels on clothing carefully.

Reliable manufacturers are willing to support their products and to label them. They feel that by doing this, they set up standards which less reliable companies are forced to meet or withdraw from competition.

Reliable companies recommend that an article be returned to the store from which it was purchased if it does not meet the standards claimed on the label. The store will return the garment to the manufacturer. The ultimate result will be an improved product. No reliable retailer wants to lose customers because certain goods do not stand up to claims made for them. Consumers can help both themselves and the retailer by returning substandard goods.

WARNING! LET THE BUYER BEWARE!

Are you buying any of these at clothing sales?

Shopworn clothing

Clothes not really needed

Style on its way out

Choice too limited for satisfaction

Flaws or poor fit—no returns to store

Clothes that may not fit by next season

"Sale" goods priced higher than regular prices

Cheap price—cheaper quality

The regrets of buying in a hurry

Poor fit from neglecting to try on

Can you save on sales?

Almost every day is sale day in the clothing business. This is true for several reasons. Clothing can go out of fashion quickly, creating substantial losses to retailers and manufacturers. Clothing, more than most other consumer goods, is likely to show ordinary shopwear, making quick selling advisable.

At certain times of the year, clothing sales fall into a natural decline in volume. Holding promotional sales at this time is a way of stimulating consumer buying. More apparent, perhaps, is the seasonal nature of clothing. When summer is nearly over, for example, the space taken up by bathing suits, sunclothes, and lightweight apparel is needed for fall clothes. It is seldom profitable for stores to hold over clothing from one season to a similar season the following year. Why is this so?

Studying advertisements critically can help consumers. If it is used intelligently, advertising can be an aid to selection of clothing. Ads can be used to determine what merchandise is available, the points to look for, and the approximate costs. Knowing ahead of time the quality, the cost, and the styles can save a great deal of shopping time.

Advertising is a way of persuading people to buy. The public is encouraged to buy merchandise they really do not need or

they cannot afford. Some advertisements give deliberately misleading information. Others do not inform but present instead a psychological appeal to buy regardless of real need.

Take time to make a wise clothing selection. Many people admit that their errors in selection of clothing were made because of hurried decisions. Garments should always be tried on, because fit is so important to comfort and appearance. An ill-fitting garment may not wear well, particularly if it is too small. The seams may pull out, the sleeves may burst from strain, and the garment closings may tear out. If a garment has to be altered, you will need to add to the initial price of the garment either the cost of the services of a tailor or the value of your own personal time and effort. If you expect to make a wise selection, you must take time to examine carefully the workmanship of an article.

Your shopping is more likely to be successful if you decide beforehand the color and kind of fabric you want for the article in order to make it harmonize with the rest of your wardrobe. Another decision to be made ahead of time is the approximate amount of money you intend to spend on the garment. By making these decisions, you will not be influenced so much by display, advertising, and sales talks or tempted so easily to make a spur-of-the-moment decision that may be regretted later.

It takes skill to save on a sale. Sometimes a family can save money by buying clothing for the next year late in the season of the previous year. Winter coats are highest in price in the early fall and usually can be purchased for less in January or February. The variety, of course, is limited, and there may be other reasons besides overstock for the garments being put on sale. What other reasons do you think there might be?

Since sale goods are usually not returnable, the purchase could turn out to be an expensive mistake if a flaw or a poor fit is discovered later. For families with children, it is risky to guess the height and weight a child may be the following year. Some families, however, do successfully buy their clothing for the next year late in the previous season.

When you see a sale which appeals to you, ask yourself these questions before you buy:

- 1 Am I buying clothing I really do not need just because it is cheap?
- 2 How much reliable information do I actually have about this article?
- 3 Am I accepting a defective, damaged, or shopworn garment?
- 4 Am I accepting a garment that is no bargain at any price?

Whether a sale item is a bargain or not depends on your judgment and on the reliability of the merchant. Less reliable merchants have offered goods at a sale price higher than the regular price! Low-quality goods may be offered for sale to encourage people to come into a store to buy the regular line of goods. Large stores with hundreds of potential buyers sometimes mark down as few as five or less garments to “cover” an advertisement intended merely to get people into the store. Such bargains are always “just sold out” when you arrive to ask about them, but you may spend money you would ordinarily not spend just because you are in the store!

You can usually save money by buying clothing at seasonal sales. However, there is a saying, “Let the buyer beware.” Examine critically each piece of clothing you are thinking of buying. Try on any garment you are considering. Buy only what you really need, and know the prices in several stores of goods of the same quality. Check the reliability of the merchant.

Chapter checkup

- 1 List the points to consider in relation to your present wardrobe before you select a new garment.
- 2 Explain how becomingness and fit may affect the use you will get from a garment.
- 3 Which of the following statements represent good judgment in buying clothing? Which statements are not true or practical? Explain your choices.
 - a John found that “Scotch Brand” shirts fitted him well and were durable. He bought another brand costing three dollars more because he thought it would be that much better.
 - b John bought a jacket on sale. It was too large, but he bought it because it was priced at less than the regular cost.

- c A family should divide its available clothing money by the number in the family to determine the share for each.
 - d Clothing costs are higher for children because more replacement is needed.
 - e Clothing is offered at lower prices at the end of a season.
 - f Buying articles of clothing is sometimes done as a psychological outlet rather than as a wise investment.
 - g The wise family considers fashion unimportant in selecting clothing.
 - h The fit of a garment may affect its durability.
 - i For a consumer to ask for labels is frowned upon by reliable manufacturers.
 - j The most expensive quality is not always desirable.
 - k Workmanship affects only comfort and durability.
 - l Dry-cleaning costs should be added to the initial cost of some garments.
- 4 List ways to help the buyer beware when buying at sales.
 - 5 What decisions should be made at home before shopping for a garment?
 - 6 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

fabric

fiber

identify

long-range planning

retail

seasonal clothing

wholesale



Chapter forecast

Chapter 14

Why is it important to choose an article of clothing to serve a definite purpose?

Du Pont Co.



Can pride in appearance be learned at an early age?

Standard Oil Co. (N. J.)



How does taking good care of your clothing help to keep the garments from wearing out too quickly? Why is it a good idea to learn at your age how to be well groomed?

Photographed by Nu-Soft for Co-ed Magazine

Chapter 14

All family members need that well-dressed look

How really well dressed can one individual in a family appear if the rest of the family look shabby? Young Jane Allen considered herself the best-dressed woman in the crowd of young couples in town. She had an extensive wardrobe of the latest fashion. However, the admiration of her friends cooled when Jane's husband appeared with her wearing clothes that were unpressed, shiny, and frayed with wear. Jane prided herself on her grooming, but Jack often had run-down heels, spotted clothing, worn shirt cuffs, and missing buttons.

When Jack was not given a promotion he had very much wanted, his friends had varying opinions as to the reasons for his failure. Everyone felt that, since a polished appearance had been a major requirement for the promotion, Jack's appearance had counted against him. However, opinion was divided as to whether Jane or Jack or both were at fault. One friend blamed



Du Pont Co.

Planning the spending money for clothing can be done co-operatively in the family. Selection of clothing can be shared to advantage also.

Jane. She said, "As a good homemaker, it is Jane's duty to see that Jack appears well groomed and that his clothes are in top condition." Another young wife argued, "Jack should take more care with his own personal grooming and see that his own clothes are cleaned, pressed, and repaired." What do you think?

Perhaps their next-door neighbors had the most helpful ideas on the subject. They tactfully found an opportunity to tell the young couple how they managed to be well dressed. They planned together in a realistic way the clothing each of them needed for work and for the various activities in which they participated. Each took responsibility for personal grooming, haircuts, manicures, and general cleanliness. They planned their time also. For example, the care of suits, dress shirts, shoes, and outer garments were the responsibility of the husband, since



Du Pont Co.

Wise selection of clothing involves thought for care and durability as well as for price and appearance.

he drove past a reliable cleaner and shoemaker on his way to work. The wife took over the responsibility of sewing on buttons and making other minor repairs. Both agreed to share the clothing budget fairly and to talk over before buying any need for replacements or for new articles of clothing.

Another aspect—which Jane and Jack Allen perhaps had overlooked—is the psychological aspect. Clothes are closely related to poise and self-confidence, as well as to comfort and protection. The confidence Jack would have had from being well dressed might have helped to win his promotion for him. Jane learned that she felt more poised when she wore new garments of the latest fashion. She was to learn later that she could gain fully as much confidence by taking better care of her clothing and thereby getting along with a smaller wardrobe. By shar-

ing the clothes money more evenly, her husband's appearance improved, giving them both a satisfaction that helped to build her own esteem.

Can you think of ways clothing can affect you psychologically? Does clothing affect young children and elderly people in the way they feel as well as in the way they look?

Ideas for action

1 Sources for study

Fitzsimmons, C., and White, N. *Management for You*. J. B. Lippincott Co. Chicago. Chapters 9 and 10.

Lewis, D. S., Bowers, M., and Kettunen, M. *Clothing Construction and Wardrobe Planning*. The Macmillan Co. New York. Part V.

Oerke, B. V. *Dress*. Charles A. Bennett Co. Peoria, Illinois. Part II, Chapter 5.

Wingo, C. E., *The Clothes You Buy and Make*. McGraw-Hill Book Co. New York.

- 2** Discuss this topic: "New clothes are not always the best looking clothes."
- 3** Make a list of all clothing not used by your family. Give reasons why it is not being used. Suggest ways to use it in the future.
- 4** Make a garment that is needed by a member of your family. Compare it with a similar ready-made garment. Consider the differences in cost, workmanship, quality of fabric, and fit.
- 5** Make a garment for yourself using a fiber not previously used for one of your construction problems.
- 6** Prepare a chart listing the common fibers and fabrics. Show important points to follow in the care of each, including correct laundering procedures.
- 7** Bring from home garments made of a variety of fabrics. Practice correct laundering at school.
- 8** Visit a dry-cleaning establishment to find out what services are



The Singer Manufacturing Co.

Making use of your knowledge of how to construct clothing at home is one way to save money.

available to consumers. Observe the methods used for cleaning, pressing, and finishing clothing.

- 9 Survey the storage space provided for clothing for each member of your family. List any inadequacies. Plan ways for overcoming these difficulties in your home at minimum cost.
- 10 Plan the grooming needs of your family. Chart these needs according to when they should be done and which member of the family should assume responsibility for each task.

When does making clothes save money?

Today the cost of labor is the major expense in the production of ready-made articles. Applied to clothing or to any other pur-

chased item, usually the cost of materials is much less than labor. Therefore, if you have the time and skill for making clothes, you can save a considerable amount of money. If a clothing budget is limited, instead of purchasing cheap ready-mades of poor fabric, style, and workmanship, it would be better to buy good material and construct your own garments. Your homemaking clothing classes can be very valuable to you.

There are other advantages in constructing clothing. If you make a garment at home, you can better express your own personality. You can be original in style and design. You can have the satisfaction—important to many people—of knowing that you will not see the same style on someone else.

For people with figure problems, making clothing is a way of obtaining good fit and styling so that appearance and comfort are improved. Some men find it difficult to buy sport shirts with the correct sleeve length. Short, stout women find that dresses which have to be let out or considerably shortened are no longer becoming to them.

To save on children's clothing, certain construction methods can be followed. Extra material can be allowed in hems and seams to permit alteration when garments are outgrown. Seams can be strengthened at the points of strain to save time in repair or to prevent damage.

How well sewing is done is important. There are vast differences in the appearance of garments made at home. Knowing how to select a pattern and a fabric best suited to the individual makes a difference. So do good workmanship, pressing, and fitting. When you are deciding whether to make or to buy a garment, consider the amount of time you have available and the amount of effort you are willing to give in order to create an item you will enjoy. Satisfaction in a garment comes not only from how comfortable and well designed it is but also from how well it looks on you.

Perhaps the amount of skill you have in constructing clothing may affect your decision as to whether to make or to buy a garment. Like all skills, sewing skills are best developed through practice. Attractive, comfortable, durable clothes depend on the quality of workmanship.

Many articles are practical to make at home. Many articles in the wardrobe are better purchased ready-made, for example, coats, hats, trousers, and some suits. There are, however, some advantages in making many articles at home. The savings cannot be discounted, nor can the personal satisfaction of making a garment that is attractive, well fitting, and of a design different from the usual ready-made garment.

But considering all of these factors, it is also important to understand that for a family to get the most for their clothing money, a knowledge of how to buy clothing is essential.

How can families get the most use from clothing?

To look your best, you must select your clothing carefully. This means you must get the most from every dollar you invest in clothing by learning to judge its appearance, suitability, and durability. All three of these qualities are dependent also on the care and upkeep of clothing after it has been chosen.

Most families cannot afford to make major mistakes in clothing selection. They cannot afford to be careless with their clothing after it is purchased. Each family member owes it to the rest of the family to get the most value from his share of the clothing budget.

The clothing wants of family members sometimes strain relationships. Sharing in the family clothing money requires consideration and intelligent thought. Jane Allen's attitude toward clothing—a "passion for fashion"—created problems in her family. A teen-ager may feel she is disgraced if she has to wear the same dress to more than one party. Father may be engaged in a business in which expensive, well-cut suits would be essential to success.

Family agreement on clothing problems depends on how well each member understands and accepts his share of the money available for clothing. In addition, each member needs to learn how to select clothes wisely, how to give them the best care, and how to obtain their full use.

Make clothing work for its keep. Everyone wants to get full value for the money that is spent on clothing. Money spent on clothes is a large investment, a sizable expense in every family.



H. Armstrong Roberts

Selecting clothing carefully is an important family responsibility. This family is sensibly dressed for a cool day.

Large-scale production methods have reduced the cost of clothing to some extent, but this reduction is offset by the increasing costs of equipment, housing, labor, and distribution.

Naturally, to get full use from any garment you can plan to use it for several purposes. Frequently, use can be extended for an article if, when you are selecting it, you keep in mind several purposes for which it might be used.

Louise selected a robe for a vacation trip which could double as a beachcoat. By choosing a suitable material, she could use this same robe later as a practical housecoat. She also selected a simple basic dress which, when worn with pearls or other dressy accessories, would make a smart outfit for a tea. Such a dress worn with more casual accessories, such as a scarf, is suitable for school or work.

Except for such items as formal dresses and bathing suits, each piece of clothing that you own should be purchased for use on different occasions. Then, too, many items can be interchanged, for example, skirts, slacks, blouses, and jackets.

Select clothing that is easy to care for. How much of your time and effort will a garment require? Some fabrics do not need to be ironed when they are laundered. Some fabrics are finished so that only a little pressing is needed. If clothing can be laundered at home and can withstand frequent launderings, it will last longer and give more wear. What are some other things that affect your use of clothing as well as your time and effort?

Regular repair of clothing increases its use. When buttons are sewed on, zippers repaired, and seams mended, garments will receive more use. Sometimes a garment must be remodeled, refitted, or remade. In order to make clothing worth the storage space it takes up, every garment has to be kept in wearable condition. Check your clothes regularly for needed repairs or alterations.

One family pasted on the door of each closet a list of the garments kept there. A pencil was fastened to the list with a string. As each garment was worn, it was checked on the list. At the end of a certain period of time, each list was examined for items showing little use. The reasons for this lack of use

were considered, and the garment in question was either altered or discarded.

Modern homes have little space for dead storage. Aside from seasonal storage, which is actually necessary during only a relatively small part of the year, it is not practical to store clothing. Fabrics deteriorate quickly. Their colors may fade or change. Styles become outmoded. Often stored clothing is forgotten when use could be made of it.

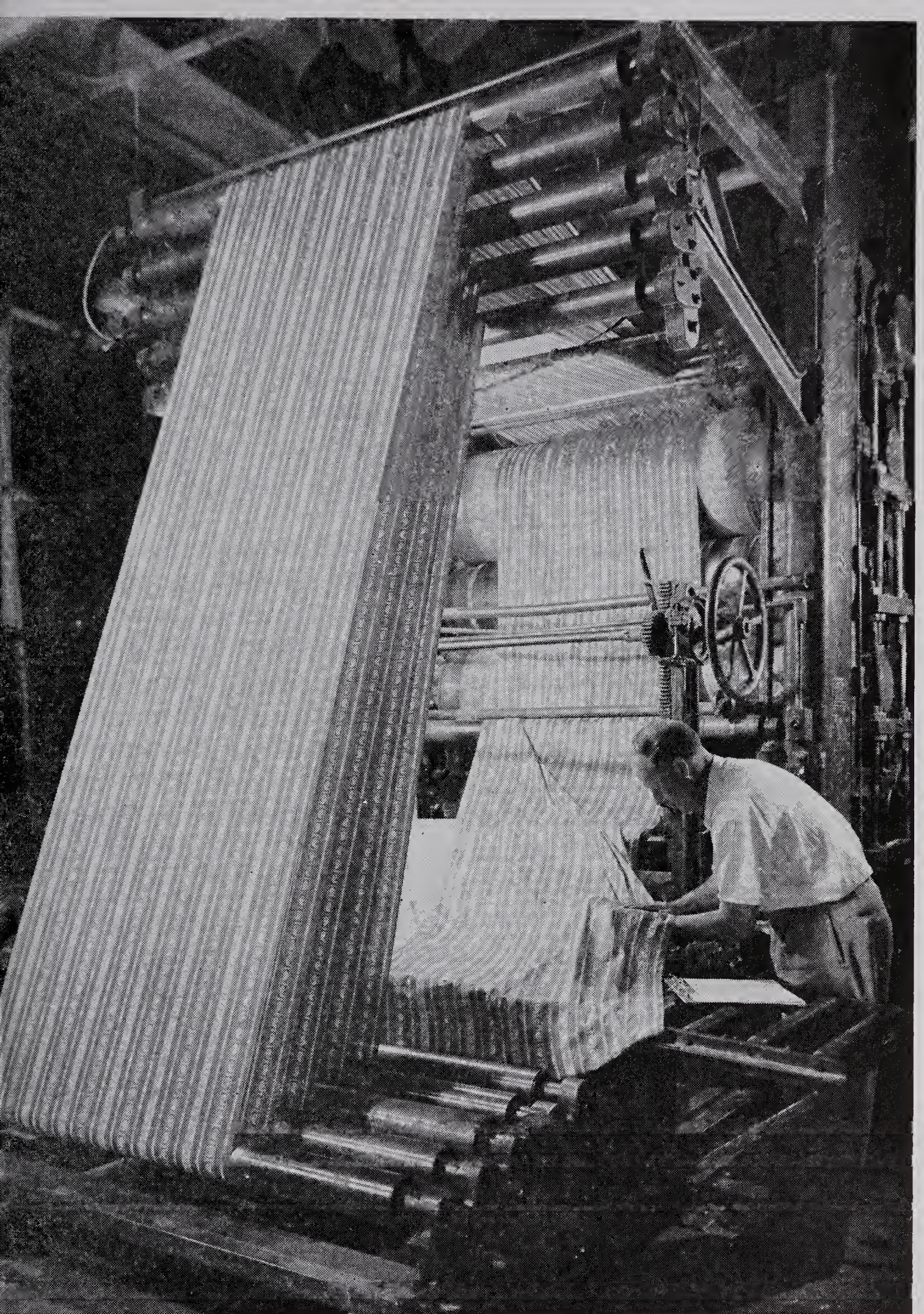
Knowing fibers can help you to get longer wear from clothes. Not only knowing the fiber of which a material is made, but in addition understanding the characteristics of that fiber and the methods of caring for it, will help you get the most use from any material.

When Mrs. Brown buys a pair of trousers for her young son, she knows that if they are made of a close-weave cotton she can expect them to be washable and to withstand hard wear. However, if she buys trousers of all-wool flannel, she realizes that they will need to be dry cleaned rather than washed and that they will not stand up to many games of marbles. She is likely, therefore, to buy them for dress.

Frequent washing actually lengthens the life of some fibers, if they are washed correctly. If the wash water is too hot, however, the garment may be completely ruined.

Soil deteriorates fiber. The perspiration collected by a garment when it is worn is partly responsible for a fiber's deterioration. Clothing should be cleaned or washed as soon as possible after it has been soiled. If clothing is kept clean and repaired, ready for wear, its usefulness is greatly increased. Clothing that hangs unused in the closet because it is soiled does not earn its keep.

Dry-cleaning clothing at home may be hazardous. Although home dry-cleaning methods are cheaper, in many cases they are not safe. Dry cleaning requires the use of combustible substances—gasoline, naphtha, benzine, and similar products—which when used at home cannot be properly controlled. The danger involved in storing and using many of the dry-cleaning substances does not justify any money that might be saved. In addition, modern commercial methods have overcome the prob-



Rock Hill Printing and Finishing Co.

*Knowing something about cloth fibers and how cloth is finished
can help you give your clothing the best possible care.*

What makes for family well-being? 343

lem of odor, which is sometimes retained in a garment dry-cleaned at home. The equipment and facilities used in commercial cleaning provide methods for retaining the shape and luster of garments.

Before garments are sent to the dry cleaners, they should be examined for spots. Many companies request that you identify stains. For a stain caused by sirup, for example, you would simply write “sirup” on a slip of paper and pin it directly on the spot. Some cleaners charge less if buttons, belts, shoulder pads, and trimmings are removed before garments are sent for cleaning. What cost are you by-passing in this case? Why is it safer for you to remove such articles?

Spot removers that are safe to use at home can be purchased. If the stain is not too old and if directions are carefully followed, spot removal can be successfully done at home. However, some materials are too fragile to withstand much rubbing. Silk shantung may “bruise,” that is, become lighter in color where it has been treated. If a spot or stain seems difficult to remove or does not respond to treatment, it is best to send the garment to a reliable dry cleaner.

Proper laundering preserves clothing. There are two major points to remember in laundering clothing. First, know the method best suited to the fiber of the material to be laundered. How high a temperature will it take in washing and drying? Does it require soap instead of detergent? Should it be washed by hand, or can a washing machine be used? What directions were given on any attached labels for laundering the garment?

Second, have a working knowledge of the equipment to be used. This will involve studying the manual of directions that comes with the equipment. It will help you to learn how to regulate temperature and agitation and will give you other important information related to the protection of the garments you will be laundering.

Here are some points to remember for preserving the life of clothing:

- 1 Do not wash white clothes with colored ones.
- 2 Rinsing is important in keeping clothes white.
- 3 When using a bleach, follow direction exactly.

- 4 Delicate fabrics are more safely washed by hand. Squeeze out the water instead of wringing the garment.
- 5 When ironing, use the correct temperature for the type of fabric. Remember many fibers cannot withstand high temperatures.

Use sewing skills to stretch your wardrobe. Are some of your clothes out of circulation because they need buttons, snaps, or some other minor repair? Jane found that it took her exactly ten minutes to repair a dress she had been unable to wear for several weeks! Making minor repairs does require some sewing skill, but it is a way of increasing the use of clothing. To further extend the use of clothing, learn to make simple renovations and to refit garments. Many homemakers have doubled the life of a man's shirt by reversing the collar after it has frayed. The advantages of being able to remodel or remake a garment are obvious. The worn places on an adult's coat, for example, can be completely removed, leaving enough good material in the coat to make a coat or jacket for a youngster in the family.

Use some garments to save wear on others. Clothing used for some activities has to withstand more hard wear than clothing used for others. Children's play clothes in particular must be durable. Usually a child's garment cannot be used for school, for dress, and for play; some clothes must be reserved for each occasion. However, last year's partly outgrown jacket may be altered enough so that it can be used comfortably for play at home after school.

Adults, too, often find it economical to save their better clothes. The man is wise who wears coveralls over his good clothes when working on his car or in the yard. A housewife is more comfortable wearing an easily laundered housedress while she is preparing food and caring for her home. These people are saving wear and tear on the less-durable clothing that they want to wear elsewhere.

The argument against wearing old clothes at home is that some families tend to become careless in appearance. However, this does not have to be true if attractive, durable, easily laundered clothing is worn for active work or play instead of "any old thing" not fit for ordinary wear. Can you picture a man

Storage affects both the appearance of clothing and its durability.



emerging from the garage to meet a visitor? Is he wearing a crisp, clean pair of coveralls?

Or does he have on an old pair of baggy slacks and a sweater, both perhaps much ventilated by rips and caked with the soil of many weeks of wear?

Correct storage lengthens the life of clothing. Sufficient, well-planned storage space for all items of the wardrobe cuts down on wrinkles and saves wear on the garments. Have you ever observed in a store a dress which had been jammed into a rack already too crowded? Usually such a dress looks worn and outmoded rather than fresh and crisp.

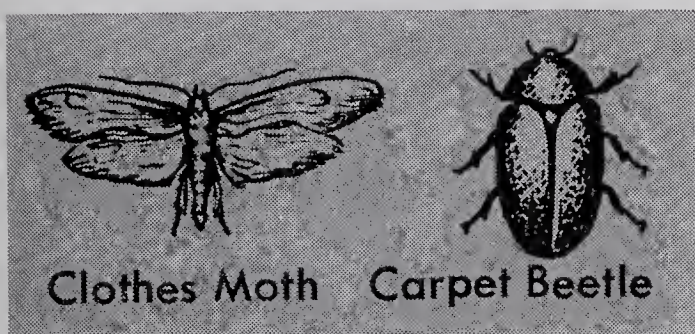
Storage space for each member of the family must be considered. Children need low rods and small hangers. Men's suits require deep closet space with heavy hangers and provision for hanging trousers to preserve their press. Belts, hats, shoes, sweaters, and other special items require storage that will protect them from dust and from crushing.

One family made a list of the clothing to be stored for each member. Then they considered the space they had available. From this survey they devised proper storage space for all items listed. Ingenuity is usually needed if convenient, ample storage space is to be provided.

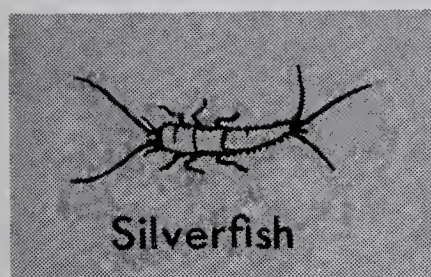
Compare the belt storage devised by two teen-aged girls. One rolled her belts over smooth pieces of wood and stored these rolls in a box. The other simply hung her belts on hooks on the side wall of her clothes closet. Which girl was more likely to put her belt away each time she wore one? Cartoonists may make fun of teen-age carelessness because it is so general. Such carelessness is less likely to happen, however, if a convenient place has been provided for storage.

Correct seasonal storage protects fabrics. Perhaps wool requires the most attention when it is stored. Wool garments, wool blankets, and part-wool articles should be protected from moths. Clean fabrics are less likely to be ravaged by moths than are soiled ones. Commercial mothproofing is fairly inexpensive and is usually the most reliable method. Some products, however, can be used successfully at home if directions for their use are carefully followed.

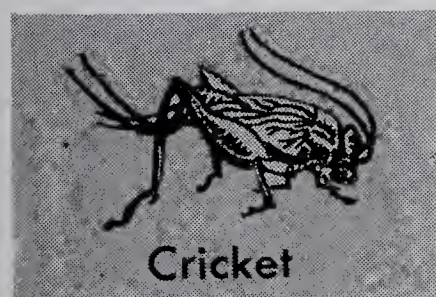
Cottons and synthetic fibers should be stored away from heat, dust, dampness, and light. Starch should be removed from cot-



Damages materials of animal origin.

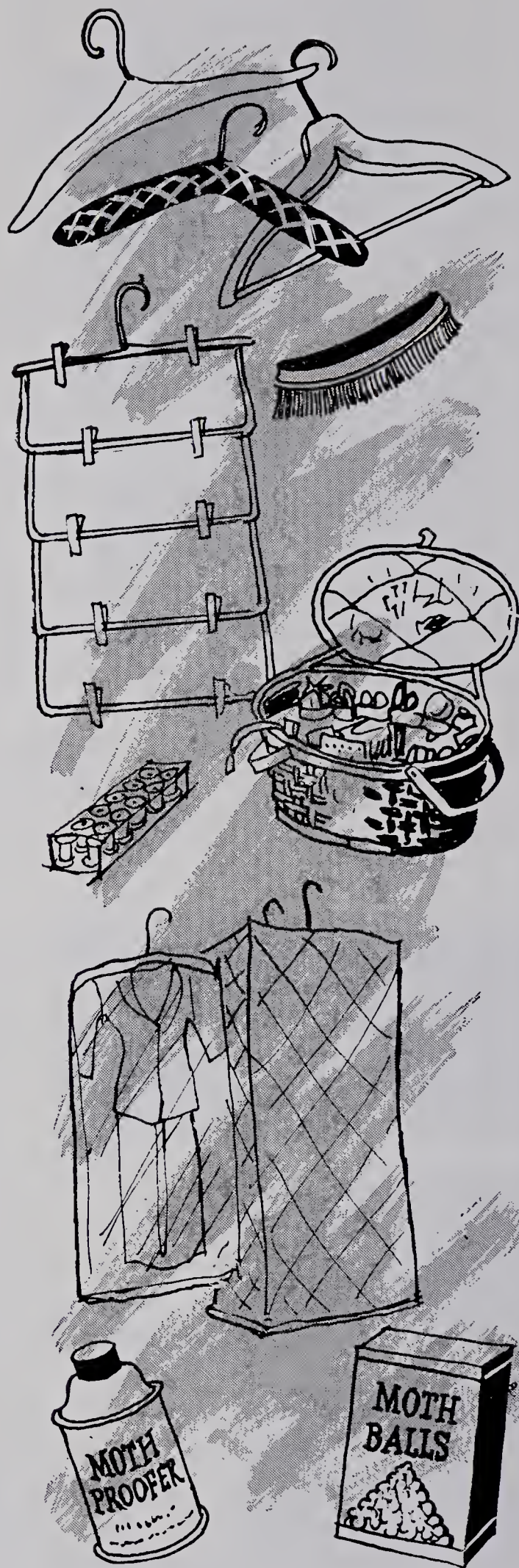


Damages paper and clothing.



Damages soiled fabrics and any silk and rayon.

*The right equipment will aid you
in taking care of your clothes.
Shown here are some of the items
you probably use. What other
equipment—perhaps not so
necessary—can you name?*



ton to avoid attracting insects. Fragile fabrics can be folded in layers of tissue paper and stored in dustproof containers.

Does grooming make a difference?

If a well-dressed look is to be maintained, good grooming is a matter of family concern. It is important to the health, the social acceptance, and the development of poise and self-confidence of every family member. Good grooming habits are developed at home early in life. As soon as he is able to do so, the youngster should be helped to take on the responsibility of his own personal grooming. For example, even a very young child can easily learn to brush his teeth, to wash his hands and face, and to hang up his clothes when he undresses instead of strewing them around the room. All family members should be aware of grooming needs as a whole, should make plans for their accomplishment, and should decide on the jobs for which each member will be responsible.

Grooming increases the length of wear of clothing. Correct grooming has a close relationship to the appearance of clothing. It increases durability, which in turn decreases clothing costs. Polishing shoes maintains their good appearance and at the same time preserves the leather, thus extending the period of wear for this expensive item. The use of deodorants by the family prevents the deterioration of garments. Keeping clothes clean and in good repair helps each family member to look well groomed and at the same time saves money because the clothes last longer.

Family members need to share grooming tasks. Although each member of the family should take the responsibility for his own grooming, there are times when it should be shared. The preschool child may be able to brush his own hair, but an older member of the family will have to help him comb and arrange it. Someone will have to check the ear washing and help with the shoe polishing and the clothes pressing. The person with the most time and maturity for the task may be the one to check the family wardrobes to see that all clothes are cleaned when they should be. Perhaps one member could be appointed to polish at one time all family shoes to be worn the next day.

Chapter checkup

- 1 Write an article for your school paper on a topic concerned with the psychological effects of clothing on people of all ages.
- 2 Young Jane Allen had a “passion for fashion.” Suggest ways she might dress fashionably yet not use more than her share of the family’s clothing budget.
- 3 Which of the following statements illustrate a proper procedure for receiving full value from a clothing investment? Which statements would involve a loss on an investment?
 - a Mary hung her light-blue sheer dress in the back of the closet during the winter.
 - b Joan used a deodorant about which she knew nothing.
 - c Jack used bleach to whiten his white wool sweater.
 - d Jack washed his sweater in hot soapsuds.
 - e Joan hung her belts from hooks in her closet.
 - f Mother packed away in the attic some clothes which had become too large for her.
 - g Mary checked her clothing for needed repairs once a week.
 - h The family decided Jimmy was too young to be interested in or affected by the clothes he wore.
 - i Father had his suit cleaned before he packed it away for the summer in a mothproof storage bag.
 - j Mother bought dungarees for Jimmy to play in after school.
 - k The family stored hats on an open shelf.
 - l Joan bought dark leather shoes so she would not have to polish them regularly.
- 4 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

agitate
bleach
combustible
deodorant

deteriorate
natural fiber
synthetic fiber
seasonal storage

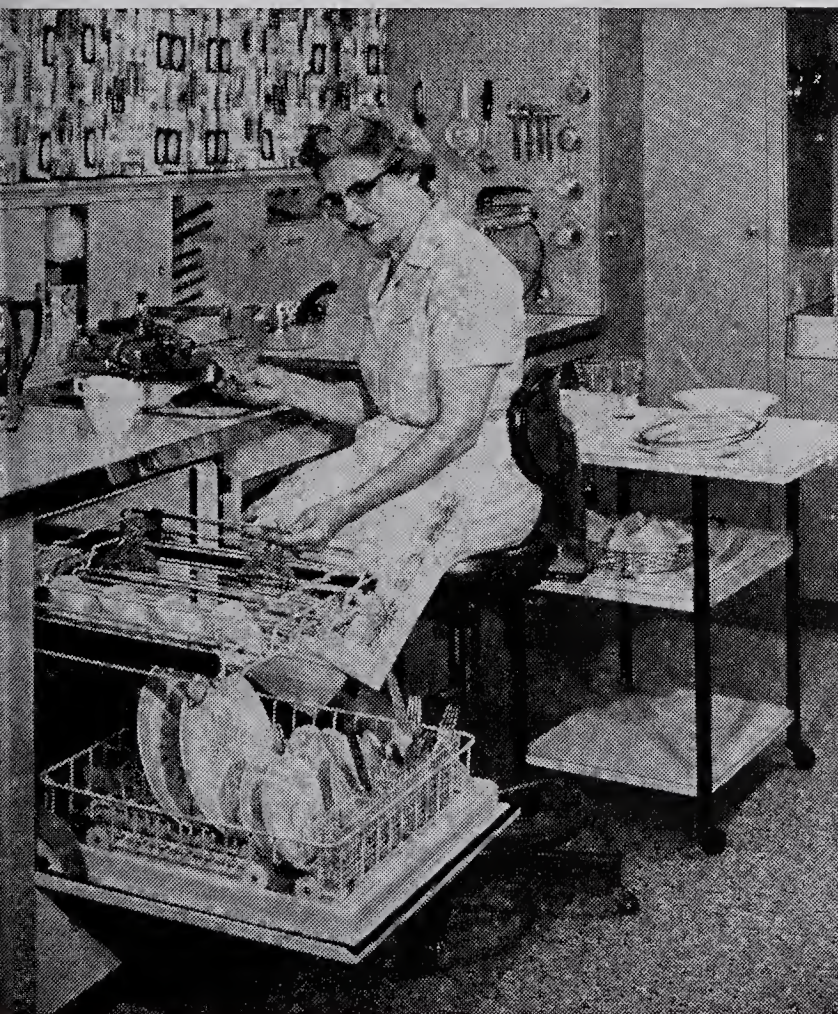


Chapter forecast

Chapter 15

*How can a family's activities
affect the health of
its members?*

New York State Colleges of
Agriculture and Home Economics



*Does the way a task is done
at home help to prevent
illness?*

U. S. D. A. photo

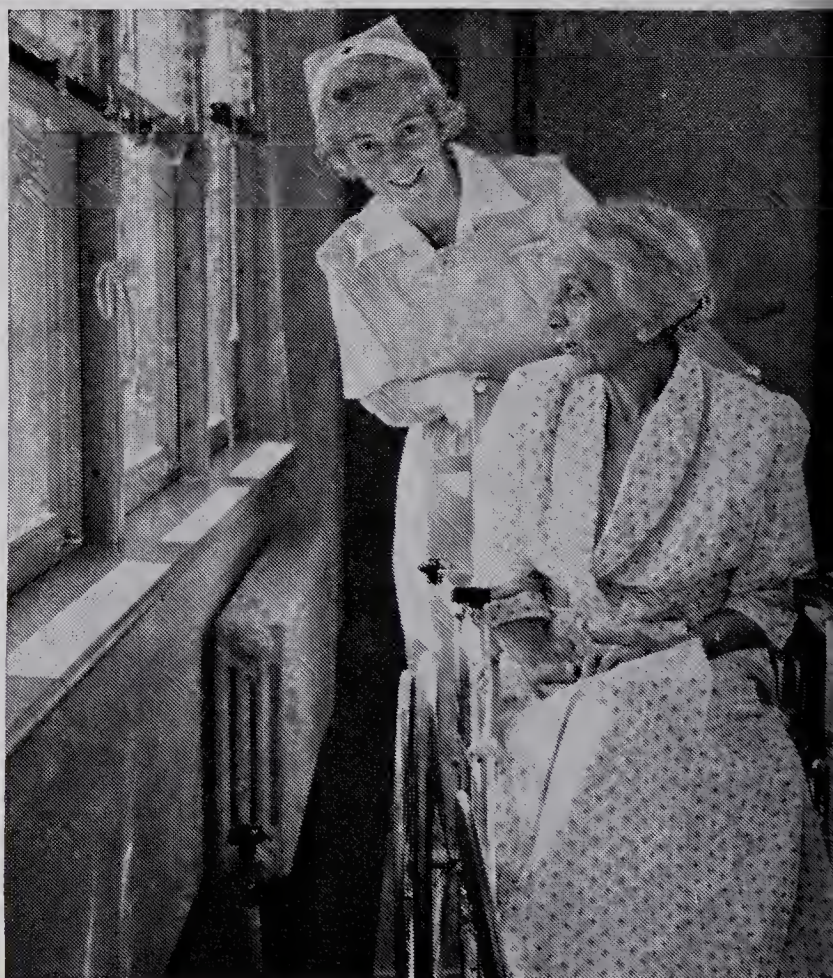


What community health services are available to families?

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How do mental and emotional factors affect recuperation from illness?

Du Pont Co.



*Illness in the home
is a family
problem*

A sufficient diet, adequate housing and clothing, and good sanitary practices in the home all are necessary for the prevention of illness. Each family member can share in keeping his family well by following good health habits. One way to insure against illness is to understand how infection can be prevented and controlled and then to observe the precautions. Creating a healthy emotional climate in the home is also significant in the prevention of illness.

Although communicable diseases can be prevented to some extent, they cannot be eliminated entirely. This is especially true in families with young children. Some communicable diseases, colds, and minor ailments, unfortunately, occur frequently. Resistance to these illnesses, however, increases as children grow older. In general, such sickness rarely becomes serious if proper and intelligent care is provided.

Caring for illness in the home requires certain nursing skills, and usually some adjustments must be made in the family routine. Serious or long-term illnesses require added skills and permanent or extensive adjustments in family living. In addition, the mental and emotional aspects of caring for a patient take on added importance.

Sickness in the family often creates financial problems. Fortunately, various insurance plans are available to families to help them meet such demands, but few families can afford to maintain the high premiums that are charged to cover completely the expenses of illness.

Today, in most communities, hospitals are necessarily limited to the care of the critically ill. Not many people are trained in care of the sick. If their services are available, the cost is high. This means that much of the care of the sick must be done at home without the benefit of practical or trained nurses. Because of the emotional aspects of recuperation from illness, home care of a patient may sometimes have advantages over services afforded by an institution. The loving care of his own family can contribute a great deal to a patient's early recovery.

It is clear that skillful home care of the sick is important to family welfare. Each member, too, can contribute to his family's well-being by keeping himself as well as he can and by learning to do his share intelligently and skillfully when other family members become ill.

Ideas for action

1 Sources for study

Laitem, H. H., and Miller, F. S. *Experiences in Homemaking*. Ginn and Co. New York. Chapter 18.

McCullough, W., and Moffit, M. *Illustrated Handbook of Simple Nursing*. McGraw-Hill Book Co. New York.

2 Investigate various health insurance plans available in your community. Discuss their relative benefits, and compare costs.

3 Investigate public health agencies in your community. Invite

representatives from these agencies to talk to the class about services available in case of family illness.

- 4 Invite a qualified person to discuss with the class the costs of illness today. Prepare a bulletin board showing the ways families can prepare to meet expenses for illness.
- 5 Prepare an exhibit of materials concerning communicable diseases. Include charts, pictures, booklets, and other such resources.
- 6 Through role-play or skits, demonstrate various procedures in the care of a patient with a communicable disease showing how to prevent spread of the disease to other family members.
- 7 Discuss the important things to remember when visiting a sick person. Each class member might arrange to visit someone who is ill and then make a class report on the call, including such points as topics of conversation and ways the patient was made happier or more comfortable.
- 8 In small groups, visit a local hospital to observe some of the procedures and equipment used in the care of children who are ill.
- 9 Invite a dietitian or other qualified person to give a talk on various diets for the sick. Have this person include in his talk a discussion on the importance of following doctor's orders for these diets.
- 10 Plan and prepare menus suitable for a sick person. Keep them interesting, nutritionally balanced, easily digested, and high in liquid content. Discuss how they can be served attractively on trays.
- 11 Prepare posters or exhibits showing as simply and graphically as possible the steps in giving first aid before the doctor arrives.
- 12 Plan and make some simple accessories which might be used to make a patient more comfortable or make it easier to care for him.

How can family members prevent illness?

The best way to prevent illness is to keep well! To keep well, you must have the right kind of diet, shelter, and clothing, plus a healthy mental outlook. Resistance to disease is strengthened

by eating balanced meals, getting enough sleep, dressing to suit the weather, and other healthful practices. Equally important are such simple family practices as washing dishes properly and providing each family member with his own towel and washcloth. Remember, when you remove dirt, you avoid infection and disease.

Disease is spread by germs. Each member of the family, including the preschool child, needs to understand how disease is spread. When young Johnny knows how germs are spread, he is less likely to share his neighbor's ice cream cone or blow on his friend's whistle. He is more likely to be careful about washing his hands before meals and to cover his mouth with a cleansing tissue when he coughs or sneezes.

Knowing how dangerous bacteria can be may help you to realize your responsibility when your duties include such things as cleaning the garbage pail and repairing the screens for your house. An intelligent, consistent effort by all members is needed to successfully guard the family from the spread of infection.

Periodical medical checkups are necessary. Scheduled visits to the family doctor for examination or proper immunization can help to prevent illness. The cost of these visits is a savings eventually, since it is a way of avoiding the higher cost of illness. For what diseases is it now possible to be immunized? How well protected are you?

Prevention of illness is far easier than any cure. Every family should plan to have regular checkups made of each member. A delayed diagnosis of an illness may mean costly treatments, less chance of a cure, and family unhappiness.

A healthy emotional environment is related to family health. There is no better place than at home to meet the emotional needs of people of all ages. A home in which a good emotional climate is maintained contributes to the health of the entire family. Freedom from worry, from bickering and quarreling, and from other emotional upsets is important to physical, mental, and emotional health.

When illness does occur in the family, the care of the patient must be taken into account but must not be permitted to jeopardize the health of any other member of the family. This is



Standard Oil Co. (N. J.)

This boy is obviously in good physical and mental health. Probably the emotional background of his home is a pleasant one.

especially true when illness or convalescence is of long duration.

Grandpa, who will probably be ill for a long time, must receive good physical care. He will need to be encouraged to pursue occupations that will suit his limitations as well as those that will build up his mental and emotional health. At the same time, all family members will need to share his care so that one family member will not become overworked and perhaps ill. Arrangements must be made to keep Grandpa's invalidism from overshadowing or upsetting normal family routine for a long period of time. This will take the thought, planning, and cooperation of each member of the family.

Freedom from worry contributes to family health. Every family can enjoy a reasonable amount of security from financial

disaster through illness. Health plans are available to nearly everyone either through employers or through private insurance companies. Most of these plans cost little considering the benefits received in case of illness. In any health insurance plan, the benefits vary according to the cost of premium.

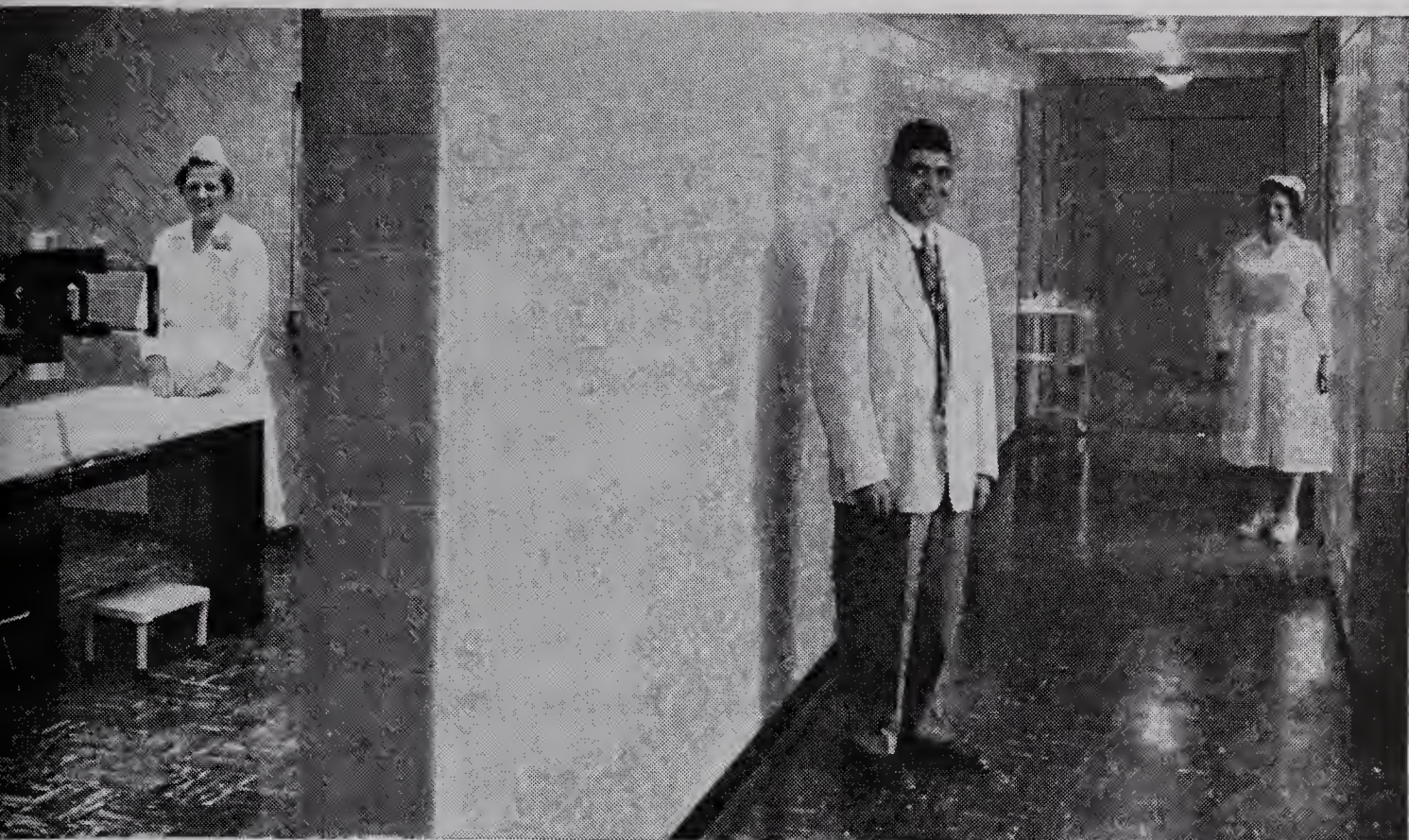
The knowledge that in an emergency there would be some financial security is an important factor in the mental health of the family. If illness strikes a member of the family, particularly the family wage earner, freedom from financial worry would probably further his recovery.

There have been times when the whole financial structure of a family has been upset by the illness of one of its members. There also have been times when medical attention has not been available because of the lack of funds to pay for it. Regardless of how a family plans to meet the cost of possible illness—by savings or by a health plan of some kind—it is clear that the welfare of the family depends on planning financially for such an emergency.

Buying health insurance wisely requires study. Sickness insurance is usually sold separately from accident insurance. Accident insurance is less expensive. However, some policies cover the costs for both sickness and accident. Death benefits are sometimes included in health insurance plans.

The cost of any policy depends on the amount of benefits to be received and the age, sex, and occupation of the family member who assumes the financial responsibility for the plan. In general, most families cannot afford policies that would cover them for all expenses for a long illness. Group insurance plans offered to people through their places of employment usually are less expensive and offer more coverage, and the cost does not vary according to age and sex.

Be sure to read carefully any health or accident insurance policy you are considering to determine just how well you and your family are protected. One family discovered that everyone in the family except the breadwinner himself was covered in their health insurance. Of course, this was not the kind of financial security that they wanted. Be certain that expenses for nurses, drugs, and surgical dressings are included in the bene-



Du Pont Co.

*How well is your family prepared
to meet the costs of possible illness or accident?*

fits. How much of the hospital expense will be covered? Will actual savings need to be set aside to protect the family in case of illness?

Allow for extra expenses. It is highly desirable to have some additional savings to use if illness occurs in the family. Hiring extra help or sending out the laundry, for example, might involve additional expenses necessary to protect the health of family members who are caring for the sick.

What health resources are available to families?

Public concern for family health varies by communities. Some states and local agencies give better health protection than others. Federal and state laws, usually administered through local agencies, protect the public by regulating the distribution of milk, food, and water and by controlling sanitation, housing, and safety. The Federal Food, Drug, and Cosmetic Act controls the use of preservatives in foods, requires accurate labeling on commercially canned and packaged foods, and protects the public from the inclusion of unsafe ingredients in patent medicines and cosmetics. This law does not give as effective protec-

tion of the public as might be desired, but it does accomplish more than one individual or one family would ever be able to do alone.

Local health officers are responsible for protecting the public from communicable disease by controlling its spread as much as possible. This protection includes clinics that offer immunization to the public without cost. In many states chest X rays are offered at no cost. Doctors are required to report diseases of a communicable nature such as measles and chicken pox. Health authorities can then quarantine or isolate the stricken persons or families if it becomes necessary for the protection of others in the community.

Employers must provide for the health of employees. Employees in industry are protected by health regulations set up by law. For example, the workmen's compensation law provides certain benefits for the worker who becomes ill or is injured as a result of his work. Regulations concerning the amount of space per worker, ventilation, restrooms, working hours, and other conditions are controlled by law. Social security legislation also might be included in the list of regulations for the protection of families, since it provides for disability as well as retirement income.

Help with certain health problems is available to families. Many public health services are available through federal, state, and private funds. Health services vary greatly in different localities. In many communities public health nurses are available for help in home care of the sick. Often this service is extended to the young mother who needs help in caring for her new baby or to a mother of older children who cannot care for them because of illness. Home care of the aged or the seriously ill may be available too. What services are offered in your community?

Local hospitals, with aid from public health funds, sometimes extend their facilities and services to include helping with the care of the sick in their homes. State and local institutions may care for mental patients or for those who have tuberculosis, cancer, or other illnesses. They may provide care for the elderly, for young children, for the blind, and for others. At present,

however, few localities have enough funds to take care of all patients who need institutional care. How well does your community provide for institutional care?

How do you know when someone is ill?

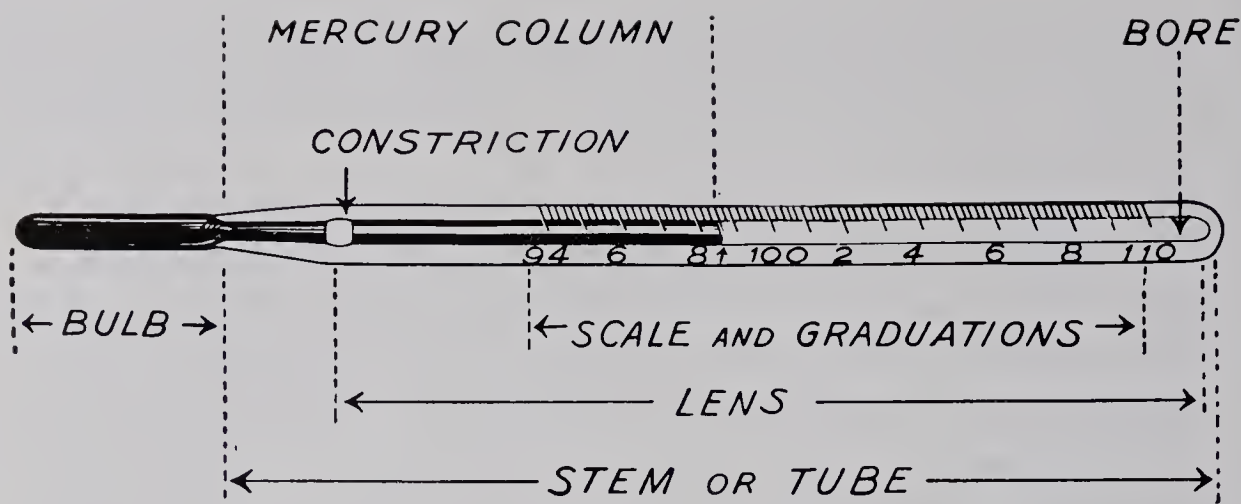
Fortunately, nature provides definite symptoms that act as warnings when all is not right physically. Less easily detected or diagnosed are symptoms of mental illness. Certain symptoms are the same for several diseases or illnesses, so that only a doctor can accurately diagnose the sickness the symptoms may indicate. Sore throat, for example, may be a symptom of a cold, or it might indicate any one of several communicable diseases. A doctor is prepared to judge the identity of the illness and to prescribe proper treatment.

Certain symptoms indicate illness. Symptoms may vary greatly in character or intensity. Common symptoms include pale or flushed skin, fever, rapid or slow pulse or respiration, sore throat, a rash, vomiting, diarrhea, coughing, sneezing, listlessness, and aches and pains. When symptoms are observed, call a physician at once. Time, money, and even life itself may be saved by doing so.

Fever should not be judged by guess. It is important to know that a person has a fever, but it is more important to know just how much of a rise in temperature the person has developed. The old-fashioned method of feeling the forehead or some other area of skin is not safe or accurate. Testing by touch is unreliable because so many factors may affect it; the temperature of the room and of the person doing the testing are but two of these factors. Taking the temperature with a clinical thermometer is the only sure way of determining the seriousness of the fever symptom.

Normal temperature varies with the individual. For most people 98.6 degrees Fahrenheit is normal, but many people find that their temperature varies one or two degrees more or less than normal. It might be wise for you to learn your normal temperature and that of other members of your family. How can you do this?

Only the doctor should diagnose illness and plan treatment. Identifying an illness and determining its proper treatment is



Becton, Dickinson and Co.

This drawing shows the parts of a thermometer. The mercury rises in the bore depending upon the temperature of the body. Normal is 98.6 degrees, shown by an arrow on the thermometer.

a complex procedure. Sometimes certain symptoms mean a common cold or some other mild illness. The same indications, however, might mean the onset of pneumonia, measles, scarlet fever, or any one of a number of illnesses requiring much more care and treatment than a cold.

You will be tempted to follow the free advice often offered by neighbors and friends, but this advice could prove costly in the long run if you do not call a doctor. Another strong temptation for some families are the many patent medicines advertised as cures for almost any illness. The danger of resorting to these drugs without a doctor's approval cannot be minimized. Any form of treatment, other than bed rest, should be avoided. Only the doctor should prescribe such treatment as hot and cold applications, medicine, massage, and special diet.

Be prepared to describe symptoms when you call a doctor. When a member of your family has symptoms of illness, treat the illness as communicable until the doctor finds it is not "catching." It is usually safe to put the patient to bed, make him as comfortable as possible, and isolate him until the doctor comes.

Usually the doctor will want to know the symptoms that have been observed and any changes in their character or intensity. Not all symptoms are easily described or detected. For example,

changes in the rate of pulse and respiration are difficult for the untrained person to judge accurately. Pain is sometimes difficult to describe specifically, but usually the area of discomfort can be discovered and the pain itself can be explained as dull, sharp, throbbing, occasional, continuous, slight, or severe. How would you describe some of the other symptoms of illness?

Communicable diseases spread easily. Protecting yourself and other members of your family against the spread of infection is as much a part of the nursing job as is the care of the sick person. Is the germ air-borne? Is it spread through direct contact? Or is it spread by other means? The doctor can make suggestions as to ways to control the spread of the particular infectious illness he is treating.

In the home the usual procedures for killing germs include burning, scalding, boiling, use of chemicals, and exposure to sunlight. Hot, soapy water is perhaps the family's most convenient and reliable method. Sometimes a doctor will recommend a certain disinfectant and give directions for its use.

Certain practices help to prevent spread of infection. One way to prevent the spread of germs is to keep the person with a communicable disease in a separate room, away from any other members of the family. All unnecessary furniture, rugs, and other articles should be moved out of the room. Washable bedding, bedspreads, blankets, and curtains are practical. As far as possible, all utensils and other articles used by the patient should be kept in the room. A sufficient supply of paper towels, napkins, and tissues will be necessary. Paper bags should be provided for the easy disposal of waste.

Following is a list of suggestions for counteracting the spread of communicable disease. You might be able to add points as you study this unit. Some communicable diseases require less precautions than others. Your doctor can advise you about this.

- 1 Wash your hands with soap after every contact with the patient or with any article which the patient may have touched.
- 2 Keep the patient's soiled dishes separate from those of the rest of the family. Wash the patient's dishes in hot, soapy water directly after use; rinse them generously with scald-

ing water; let them drain dry. If paper dishes are used for convenience, burn them immediately after use.

- 3 Keep a generous-sized apron to wear only while in the patient's room. Remove it just before leaving the room. Avoid touching any area of the apron that may have come into contact with the patient or with articles handled by him. Launder the apron frequently, drying it in the sun. If it cannot be dried in the sun, iron it. Why?
- 4 When removing soiled bedding and clothing, do not store them. Launder them immediately, using hot, soapy water. Dry them in the sun or iron them. If you send them to a commercial laundry, wrap them in newspaper and label the package "communicable disease." Check with the laundry first to see whether they will take contaminated articles.
- 5 Encourage the patient to avoid touching walls, woodwork, and furnishings on the way to and from the bathroom. The patient can wash in his own room to avoid contact with fixtures and articles in the bathroom such as faucets and towels. Paper covers can be purchased for use on the toilet seat. These can be flushed away after use. The patient should use a paper towel to cover doorknobs, the toilet flush, faucets, or any other area he may have to touch.
- 6 Remember that floors are a danger point. For dusting floors, wrap an old cloth around a broom, then burn the cloth after use. Paper dustcloths are available and are easily disposable. If an article is dropped on the floor, treat it in some way to kill germs before it is used again.
- 7 Allow no visitors to the sickroom. Why?
- 8 Terminal clean-up is important when the patient has recovered from a communicable disease. This should include the patient's bath and shampoo; a complete set of clean clothes; a complete airing and cleaning of the room; and washing of all clothing, curtains, and bedding. Bedroom slippers should be washed if possible, otherwise aired in the sun. Other articles that cannot be washed should be exposed to sunlight for about six hours.

Would you make a good home nurse?

It is usually more convenient and efficient for one person in a family to assume most of the responsibility for the care of a sick person in the home. In general, however, it is not practical



How well could you serve as a home nurse? Could you make the patient comfortable? Could you prepare and serve the meals that would be required?

for one person to take all the responsibility. Other family members need to share in the task to prevent one person's becoming overworked or ill. One of the best treatments a sick person can have is a nurse who is energetic and cheerful, not tired and upset from giving too much energy or time to the patient's care.

Unless the disease is communicable, a patient benefits from being with family members other than the one assuming most of the responsibility for his care. Even young children can do their bit in caring for a person who is ill. Errands must be run; pillows need to be adjusted; a patient wants to be entertained. These are only a few of the ways more freedom can be created for the rest of the family. If the mother is the home nurse, perhaps before going to school a teen-aged daughter or son could take over some of the early morning care so that their mother could sleep longer.

Adjusting the family routine to illness in the home may include finding ways of saving time and energy to offset the extra duties required by the patient's care. Sending the laundry out or obtaining the services of people outside the family are examples of ways this can be done. What other ways might you suggest?

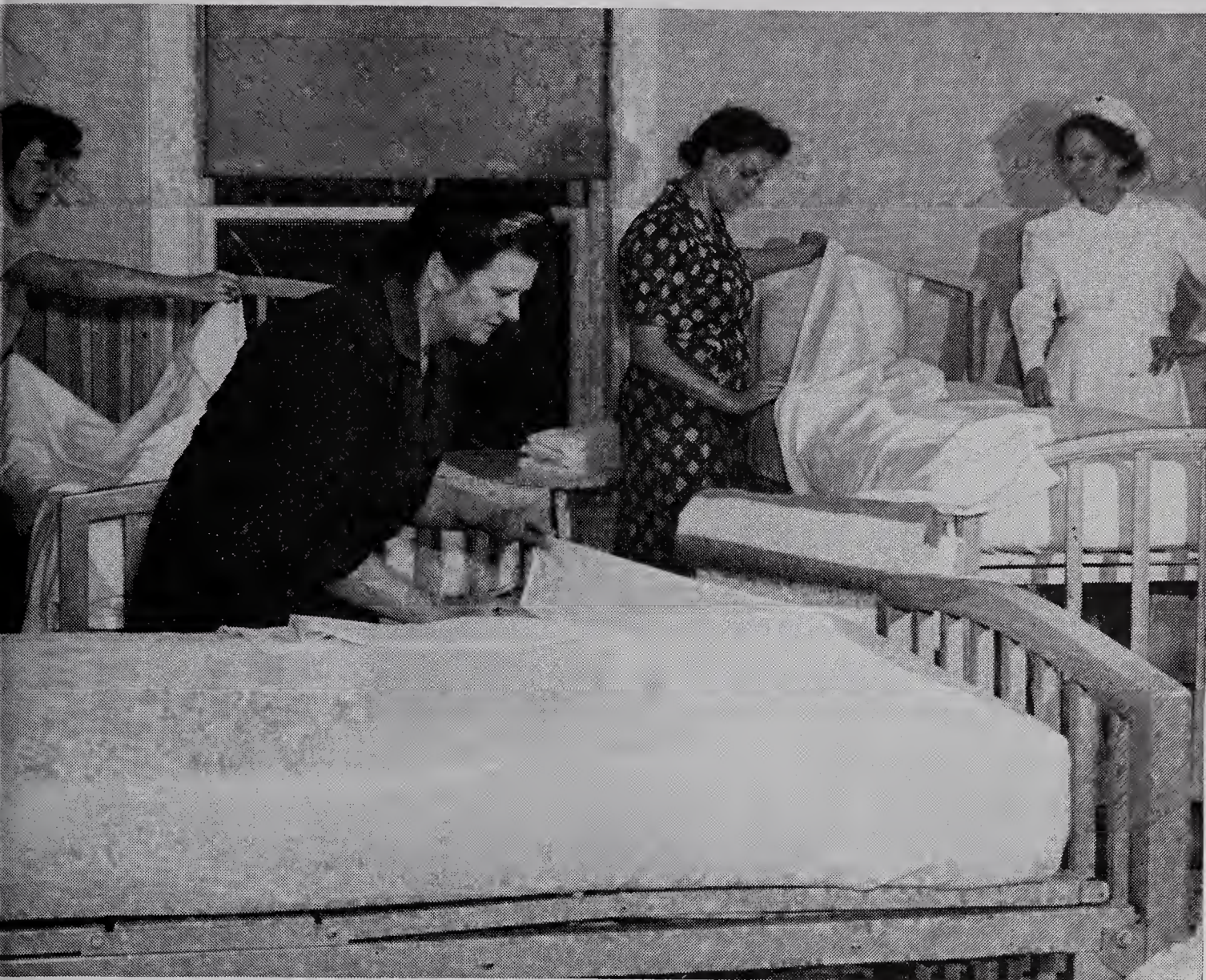
When a person is ill, his room should be simply furnished and free from clutter. Clutter and crowding are tiring and make cleaning more difficult. The family should plan to set aside for the sick person an easily ventilated room in which the temperature can be controlled. Lighting which can be modified or intensified is important.

The way a bed is made affects the comfort of the patient. When a bed is made with the undersheet smooth, tight, and free from wrinkles, it will be more comfortable for a sick person. Using contour sheets or mitering the corners of sheets and blankets helps to keep covers smooth and anchored securely to the bed.

To protect the mattress and bedding, various coverings can be used. Often a rubber sheet and a mattress pad are used under the bottom sheet. A draw sheet can be fashioned at home by folding an extra bed sheet in half (across the width), then placing it across the undersheet with the fold toward the pillow and the hems toward the foot of the bed. Tuck the ends under both sides of the mattress, pulling the sheet tightly. When much spilling or staining is expected, a draw sheet is more easily changed than the undersheet. Pieces of plastic or layers of newspaper can be used instead of a rubber sheet under the bottom sheet. Newspaper pads are usually more comfortable in hot weather.

When an illness requires prolonged bed care, a bed which is higher than average will prevent the home nurse from developing backache. Sometimes a hospital-type bed can be rented or borrowed from a local health agency. For a short-time illness, the mattress may be raised by inserting boards or another mattress under it.

Devices can be made to add to bed comfort. Ways to provide toe room, such as folding pleats in the top sheet of the bed or placing a box below the patient's feet to hold the covers up, add



American National Red Cross, Denver Chapter

This is a class in bedmaking given for hospital aides. Instruction includes learning how to make a mitered corner on a sheet.

to his comfort. Back rests can be improvised from such items as extra pillows, a card table, a straight chair, a table leaf, or an old chair back. What other sickroom equipment could be devised by using such articles?

What does the home nurse need to know?

For successful family living, skillful management of the home is highly important. Good management of time, energy, and resources is especially important when there is illness in the home. Family routine and schedules will have to be adjusted. At the same time, a careful routine must be set up for care of the patient. His recuperation must be considered in all its aspects—physical, mental, and emotional.

In addition, a knowledge of caring for the sick will be needed to handle all procedures from the simplest to the complex. Spe-

cial meals often must be prepared, in addition to regular family meals. At the same time, ordinary care of the home must go on, frequently interrupted by more than the usual number of telephone calls and visitors. There is perhaps no other time when family co-operation, consideration, and effort are more important to the welfare of not only the sick person but also the rest of the family. The emotional strain alone is a problem best solved by maintaining good family relationships.

The patient's room should be thoughtfully chosen and arranged. When Mary Jane Brown was twelve years old, she was ill for a few weeks. She was fortunate that her family—mother, father, and two brothers—were able to give her proper care during her illness without undue strain on any of them.

Since the Brown's home was built in ranch style, stairs presented no problem when the family was deciding what room would be best to use as a sickroom for Mary Jane. They chose the study rather than her bedroom because of its accessibility to the kitchen. Other factors which influenced their choice were ease of ventilation; good lighting; a view looking out on the street; and a telephone in the room, easily accessible to a patient in bed.

They made several changes. Mary Jane's single bed was moved in and set up on wooden blocks. The room-sized rug was taken out. Two washable scatter rugs were substituted for it so that the floor could be dusted more easily every day. By moving the desk and the studio couch into the dining room, more floor space was provided. Joe, who was sixteen, brought a gooseneck lamp down from the attic and installed it over Mary Jane's bed so that she could regulate the light for reading or for resting. He found a sturdy, but lightweight, wooden box from which he removed the bottom and two long sides. By tacking plastic cloth across the three outer sides, he made a practical bed table.

Eight-year-old Bill, not to be outdone by his older brother, contributed his wastebasket. It was high enough for Mary Jane to reach easily, and being made of enamel it was quickly and thoroughly cleaned. He emptied his bookcase, stored his belongings temporarily in a cardboard carton, and placed the book-



In what ways can all family members share in the care of the sick in the home?

case near the head of Mary Jane's bed. This provided space for the articles necessary for her care and for books, games, and other articles she would want frequently.

Establishing a routine is wise planning. The Browns sat down together to decide what would need to be done for Mary Jane each day and when the tasks should be scheduled. Each person expected to help take care of her, but they all decided that some outside help also would be needed. Laundry was no great problem, since they had a new automatic washer. But the ironing and some of the heavy cleaning would probably be too much for Mrs. Brown or any of the other family members to do. When the family decided they could afford her services, a neighbor was asked to come in to do this heavy work.

Even with an activity and time schedule, each one realized he would have to make adjustments. For example, both boys had afterschool activities two nights each week; Mr. Brown arrived home from work quite late; and Mrs. Brown had two community responsibilities each week to fulfill. They realized, too, that each should try to spend some time entertaining Mary Jane in addition to caring for her physical needs.

A balanced diet is important in helping a patient get well. Loss of appetite is common in illness. Because food is so necessary for the recuperation of a patient, he must be encouraged

What effect does diet during illness have on the quick recovery of a patient?

Denver Public Schools



to eat the diet prescribed for him. This may involve special efforts to make meals as attractive and appetizing as possible. Putting surprises or decorations on the patient's tray sometimes helps to make his mealtime more interesting. Often mealtime is the break in a patient's day to which he looks forward most eagerly. Serving meals on time is important for this reason.

The things that make family meals more enjoyable take on added significance in serving a sick person. For example, try to keep variety in color, texture, and temperature of the food. Give the patient small servings to keep him from being discouraged. Serve hot foods hot and cold foods cold. Arrange the tray for his convenience in eating, and check it to see that everything necessary is included. Waiting for a napkin or a piece of silver can spoil the meal for a sick person. To encourage him to eat, plan the menus to include foods which the patient likes best.

Some illnesses require that diet directions set up by a doctor and a dietitian should be carefully followed. For most common

illnesses cared for in the home, however, the following basic pointers will be helpful:

- 1 Meals should be nutritionally balanced.
- 2 The liquid content of the food should be high.
- 3 Foods that are easily digested should be emphasized.
- 4 A list of foods either permitted or to be avoided should be furnished by the doctor.

What home treatment should be given for accidents?

Few accidents can be treated at home without the advice of a physician. However, whatever medical knowledge of correct treatment is available to the public should be learned by every member of the family. If this is done, the risk of wrong treatment is kept to a minimum. Numerous remedies which have been handed down from former generations, and which were often born of ignorance and lack of medical help, have been replaced by different and safer treatment.

Learn what to do when an accident happens. Here are a few simple procedures to remember to safeguard your family in case of accident:

1 Call the doctor.

Sometimes the victim of an accident can be taken to the doctor or hospital more quickly than the doctor can be called. However, if the injury was caused by a severe fall or similar accident, it is not always safe to move the patient. Keep him flat on his back, head to one side (for coughing or vomiting).

2 Keep the victim quiet, reassured, and warm.

Cover him with clothing, blankets, or some other available covering. The element of shock from an accident requires keeping the patient warm until the doctor can treat him.

3 Stop any bleeding.

Pressure is applied by firmly pressing sterile cotton or a freshly laundered piece of cloth against the bleeding point. Elevating the injured area will help to control bleeding. If bleeding is due to a punctured artery, apply pressure to the artery between the wound and the heart. If a vein has been injured, apply the pressure below the opening. In case an arm or leg has been cut, tie a handkerchief or similar piece of cloth around it and place the knot over the artery or vein. Insert a stick and twist it to tighten the

bandage until the bleeding is stopped. Loosen it about every 30 seconds to see whether the bleeding has stopped. This type of bandage is called a tourniquet.

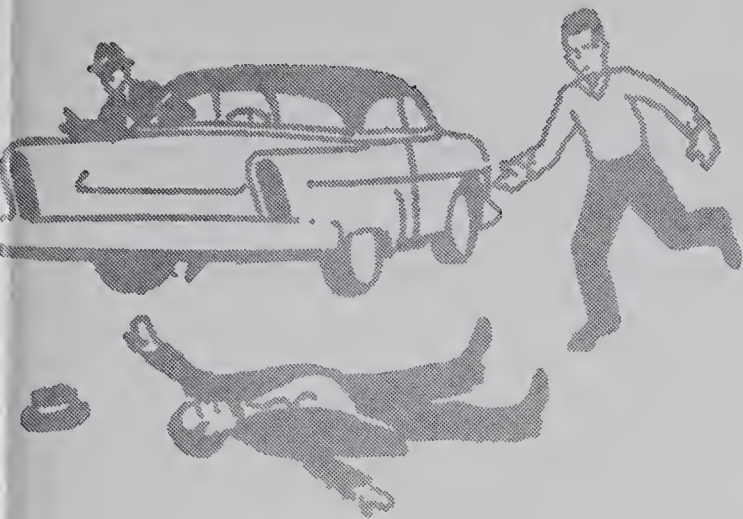
For treatment of nosebleed, have the patient sit up with his head thrown back, breathing through his mouth. Pressing the sides of the nostrils firmly against the middle partition will sometimes help a blood clot to form, stopping the bleeding. Gently packing a narrow strip of sterile gauze back (not up) into the nostril will sometimes help until the doctor arrives. Leave an end of the gauze extending slightly from the nostril for easy removal.

Everyday care can prevent the danger of infection. In general, home treatment of ailments and accidents is not advisable. However, small cuts, simple burns and abrasions, and bruises are all common occurrences and must be treated to prevent infection. Immunization against tetanus infection is available to everyone and is an important part of keeping the family protected. Unless a person has been properly immunized, a puncture wound, particularly if it was caused by a rusty object or one which was buried in the soil, can be the source of dangerous tetanus infection.

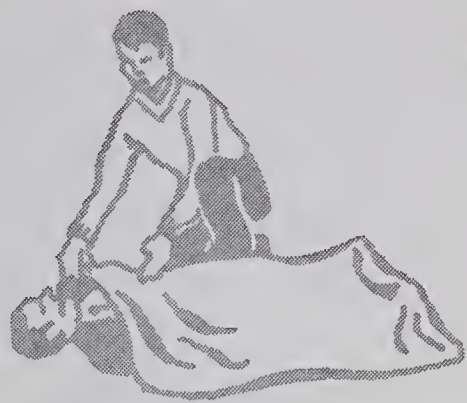
A cut or break in the skin warrants attention regardless of the size of the wound. Never bandage a wound unless it has been disinfected first, and never bandage a wound unless it is necessary. Washing a wound with soap and water is no longer considered a safe treatment, because germs may be washed into the wound. Use a disinfectant recommended by your family doctor, and keep it always at hand. Small prepared bandages are convenient, but family members must remember to treat a wound before applying such a bandage. Since scuff burns and scraped skin involve skin openings which are likely to become infected, they should receive the same treatment as simple wounds.

Safety in the home includes keeping first-aid information for quick reference. A reliable first-aid manual, kept in an easily accessible place, is a family safety measure. Each member of the family, from the youngest to the oldest, should know the importance of keeping calm in an emergency and where to get reliable help easily and quickly. For one situation, referring first

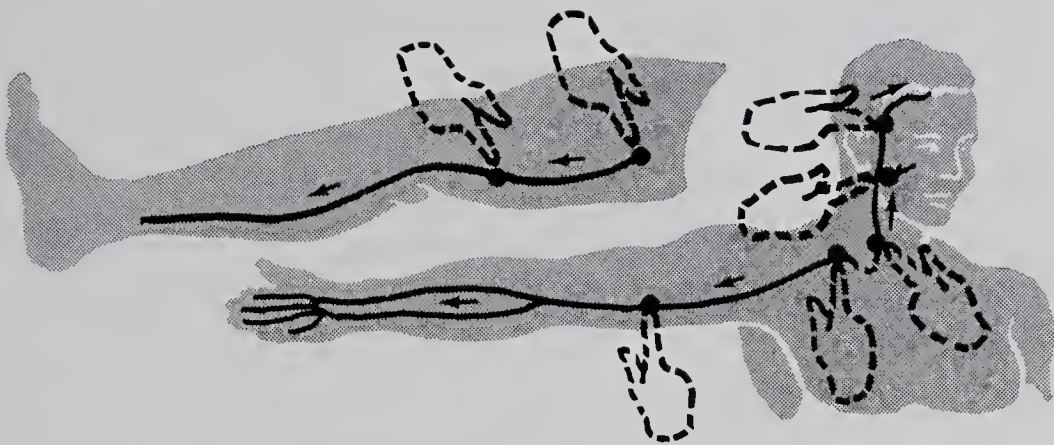
WHAT TO DO IN CASE OF AUTOMOBILE ACCIDENT



Do not move patient



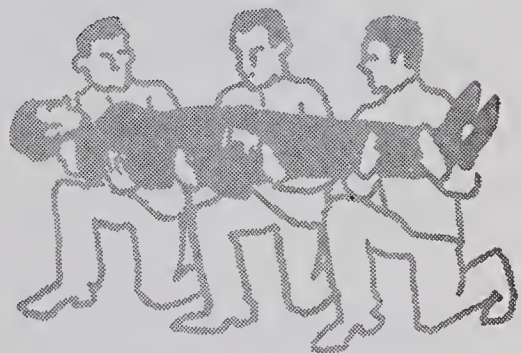
Keep patient warm, flat, quiet



In case of bleeding apply pressure at pressure points



Do not give any medication



Wait for experienced men to move patient

to a manual may be best. For another situation, calling the doctor may be the first need. At any rate, the proper procedure should be known and practiced at home or school.

Another safety measure is to observe occasional family fire drills. Over the years people have learned, often too late, that the first thing to do is *not* to call the fire department but rather to get everyone out of the house. Then call the fire department!

With the increasing use of plastics and other highly inflammable materials in the construction of homes, as well as materials which when burning give off deadly fumes, it is becoming important for every family member to know the correct procedures to follow in case of fire.

Chapter checkup

- 1 List the types of expenses that a family in your community might have to pay in case of illness in their home. Tell what protection the family might provide to meet such expenses and what community resources might be available to give added help.
- 2 Chart a course of action which your family could take if one of its members contracted a communicable disease.
- 3 Write a menu for a sick person, taking into account his age, the time of year, and the principles of planning menus for the ill. Describe briefly how you would make this meal attractive and interesting to a patient.
- 4 Write a theme telling why first-aid remedies of the past might not be safe today and why it is wise to use the services available to us now, such as doctors, hospitals, health agencies, and local emergency facilities.
- 5 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

abrasion	incubation period
chronic illness	infection
clinical thermometer	institutional care
communicable disease	isolation
convalescence	mitered corner
counteract	patent medicine
diagnose	quarantine
disease germ	respiration
disinfectant	symptom
improvise	

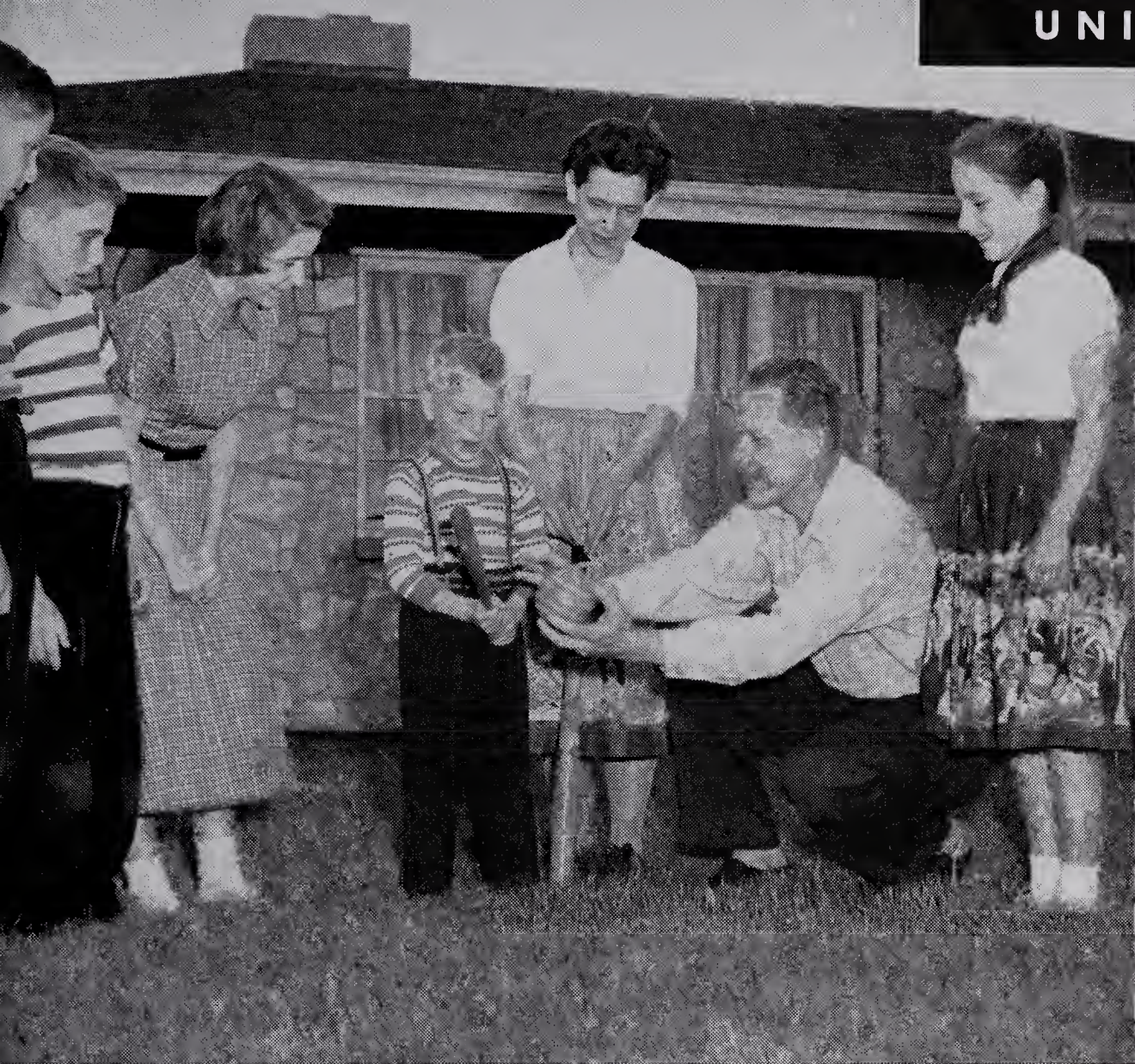
TEST FOR UNIT 3

1 Study the menus for one day given below.

Breakfast	Lunch	Dinner
Sliced peaches	Cheese omelet	Cream of mushroom
<i>Oatmeal</i> and cream	<i>Buttered string beans</i>	soup
Muffins and butter	(<i>fresh</i>)	Meat loaf
Cocoa	Bread and butter	<i>Potato salad</i>
	Chocolate pudding	Harvard beets
	Root beer	Buttered lima beans
		Rolls and butter
		Cherry pie
		Coffee

According to the Basic-Four plan for adequate diet, what foods are missing? What general principles would you follow in preparing those foods which are printed in italics? List the foods which might be prepared the day before.

- 2 Suppose you are planning a low-cost family picnic for about 25 people. What menu might you plan and why? What preparations could be made ahead of time? What recreational activities could be planned to include all family members? What suggestions do you have for rapid clean-up?
- 3 Make a sketch plan of the room where you sleep at home. Is there enough room? Is it arranged well for sleeping, for study, for recreation, and for storage of clothing and other articles? How can you fix up your room at little expense?
- 4 How should a family plan to spend the money they have available for clothing?
- 5 List ways each member of your family could share in the care of a sick person in your home.



Rutgers—The State University of New Jersey

What makes a family a going concern?

Many people think of a good home as one where family members enjoy each other's company and have many friends. Sometimes they forget that thought and care provide an atmosphere of well-being and happiness.

Much is heard these days about the democratic family. There are different ideas about what this is. If all family members are to have the privilege of sharing in family decisions, they will also have a responsibility for sharing family problems and difficulties. To be a member of a good home with the privileges of democratic decision means that every family member must work to keep the home democratic.

Family well-being depends upon care and forethought in the management of food, shelter, and clothing for all family members. Not knowing the skills necessary for doing the basic jobs of daily living in the home can create unhappiness and poor family relationships. The many jokes about the bride who can't cook have their basis in the fact that lack of ability in homemaking is often a cause of family troubles.

A homemaker who has not learned to do her job well probably will be as unhappy as anyone else who has not been successful in what he has done. Her family, too, will be dissatisfied with their part in maintaining the home, and they may have poor health.

The constant worry and tension resulting from poor financial management is a well-known source of conflict between husbands and wives. Good management of resources is an aid to family harmony, whether the income is large or small. A happy home is often the outward sign of a family in which the skills of homemaking and the management of resources have helped to develop satisfactory relationships between each member. Good homemaking has been called "love made visible."

Just as a business concern may take years to make a profit and as a living plant takes time to grow, a family must take time to provide a satisfactory atmosphere for its members. But when the parents love each other and their children and are willing to make the effort to provide a good home and to teach the younger ones to share their privileges and responsibilities, then the family becomes a going concern.



Chapter forecast

Chapter 16

Why is it important to learn the correct use of household equipment?

Du Pont Co.



What part does each member of the family play in management?

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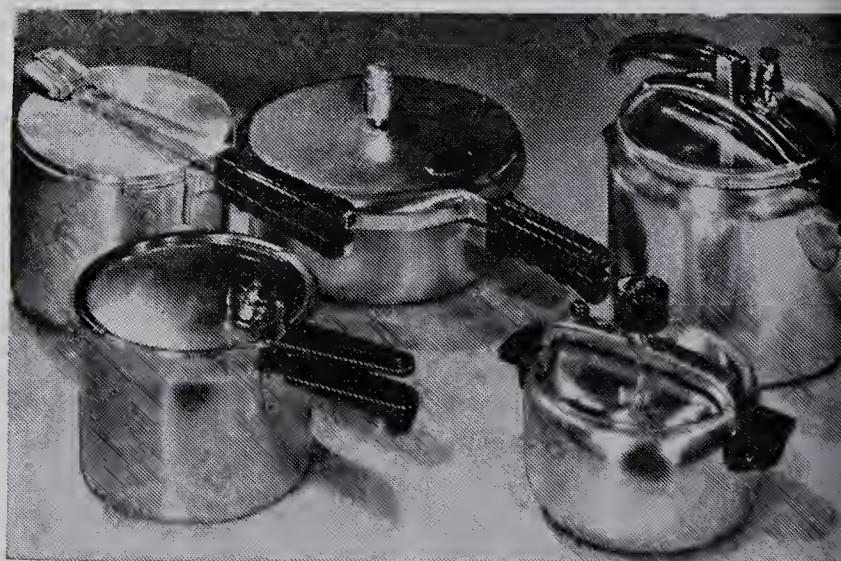
*What makes storage
efficient? Why is this
drawer well arranged?*

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*Can you tell how good
management includes making
intelligent choices, even of
such small items as coffee-
makers and pressure cookers?*

U. S. D. A. photo



*Management is
important
to every family*

In the average family the father works in a plant, office, or store some distance from home. His earnings and the sort of job he has determine the family's standard of living. The mother's skill as a manager and purchasing agent decides how well the family's needs can be supplied. Family members, deciding together what is important to them, find ways to obtain it to everyone's satisfaction.

Managing a home requires an intelligent outlay of time, labor, and money. The parents play an important part as managers in homemaking. Usually the mother's role is that of chief administrator of homemaking, especially if she is also employed outside the home. If she is at home all day, she frequently becomes not only administrator but executive as well, doing most of the jobs herself and supervising those done by others in the family.

The relative value of time, labor, and money has to be



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This family is sharing in the management required to make a task more enjoyable and more efficiently done. Pooling family resources and thought means easier management.

weighed and decisions have to be made as to which of these three is most important. In some homes, for example, the laundry may be sent out. In others the initial outlay of money for an automatic washer and dryer may be best, assuming that the family will use it enough. In still other homes, the local automatic laundry may be used for bulky clothes, with small pieces being washed at home. Since today many materials do not need ironing, the job of laundering clothes has become more interesting and less of a chore. As with many jobs, family members are more willing to share household tasks if they are not dull or boring.

The pattern of management changes during the cycle of family living. During early married life, after they have arrived at



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This working and storage unit is part of the equipment for an experimental program. The results of research are reflected in homes through savings in time, energy, and space.

a common agreement on their pattern of living, a young couple will find management comparatively simple. As children come, management becomes more and more complicated in relation to the varying needs of different family members. It reaches its peak when the children are of widely differing ages or have various occupations and activities. Then it tapers off as the parents are once more left by themselves.

Standards of homemaking also affect the complexity of management. Some families demand a high standard of excellence in housekeeping; others are willing to settle for less in order to undertake other activities. Essential sanitary practices are efficient dishwashing; cleaning of bathroom and kitchen; and thorough cleaning of floors, particularly where there are small

children. Many other household practices change according to the desires of the family. Every family needs to be able to set its own standards regardless of family background or standards of neighbors. Every family has to be able to change its standards if the family situation makes this desirable.

Ideas for action

1 Sources for study

Fitzsimmons, C., and White, N. *Management for You*. J. B. Lippincott Co. Chicago. Chapters 5, 10, 11, and 12.

Jones, E. G., and Burnham, H. A. *Junior Homemaking*. J. B. Lippincott Co. Chicago. Unit 6.

Sarr, M. C. *Management for Better Living*. D. C. Heath and Co. Boston. Section II.

Wright, M., and Wright, R. *Guide to Easier Living*. Simon and Schuster. New York.

- 2** Compile a list of home situations which call for co-operative family action, for example, use of the telephone, the family car, television, or radio; sharing housekeeping activities; sharing the family paycheck. Show ways in which these situations could be handled for maximum family satisfaction.
- 3** As a class activity organize trips to agencies that help families save labor, such as a cafeteria, laundry, delicatessen, or beauty parlor. Compare the cost of these services in time, money, efficiency, and satisfaction with the same services performed in the home.
- 4** Prepare and present skits illustrating the effect of different attitudes and habits of family members such as picking up belongings, leaving the bathroom orderly, and monopolizing the telephone.
- 5** Prepare demonstrations of ideas for saving time and energy in homemaking, for example, organization of food preparation, house care, and storage.
- 6** Report on weekly trips to supermarkets emphasizing the hour

of the day chosen for the trip, the amount of time taken to shop, the amount of walking around, and the use of a list. If it seems advisable, make plans to reorganize these trips for greater efficiency.

- 7 Have class committees prepare bulletin boards illustrating such topics as saving time and temper in the kitchen; safety for the small fry; the meaning of management; the *who*, *when*, and *how* of management.
- 8 Invite one or two local homemakers who are well known for being good managers to come to class to share some of their experiences in homemaking.

What does management involve?

Careful planning of the jobs to be done is the first step in home management, followed by thought as to how these jobs may be done as simply and easily as possible in relation to the result desired. For example, the job of meal preparation may be simplified by eating meals out or by using prepared foods. But this may not be what the family most enjoys or can afford. Therefore the preparation of well-cooked meals must be planned to avoid waste of time and labor.

There are many simplifying aids to getting the job done. Modern labor-saving equipment and material of all kinds is available. The choice depends upon the home situation and the money available. For example, the task of laundering has been reduced by the increased use of paper for napkins, tablecloths, guest towels, tea towels, and dustcloths. However, some homemakers believe they can justify the cost of their washing machine by using less paper goods, which, after all, cost a lot over several years.

Good management of time, labor, and money may be dependent upon the use of labor-saving devices and the practice of habits of work simplification.

Management means making choices. Have you ever been in a toyshop with a child who has a sum of money to spend as he wishes? Bewildered by the variety of toys, he cannot make up his mind what to buy. He is either confused and unhappy or he decides to buy the first thing he sees, which, too frequently,

he may not enjoy later on. Similarly, a woman shopper, bewildered by the variety of dresses, may buy one in a color or style which she later realizes is not suitable for her.

Very few of us can afford to indulge in passing whims; and there is no evidence to show that we would be happier if we could. Most of us can manage to have much of what we want if we make reasonable choices, then plan ways to get them. Remember in Chapter 12 the decisions the BOWEYS made? If Mary had set her heart on a living room planned and furnished by an interior decorator, the young couple probably would have encountered financial difficulties or would have had to give up something else they wanted.

The standards we demand in a home affect the choices we make. These standards are closely related to the personal values that are considered important by our family. Some families feel it is important to their happiness to have an attractive, well-kept home, and they are willing to give their time, effort, and money to achieve it. Other families feel such a home is less important when compared with their desire for more elaborate leisure-time activities or for more expensive kinds of food or clothing.

The standards for a home may come from many sources. They may be strongly influenced by practices in the childhood homes of husband and wife, particularly the latter. Other influences are popular magazines, store windows, and courses taught in school or in adult classes. All of these sources provide ideas that influence the homemaker. From all of these ideas every family must choose what is best for them in their particular circumstances.

Being able to change standards when the family situation so demands is very important. Some young couples who start to raise their families in temporary homes under adverse circumstances find it difficult to establish order and comfort in their permanent home because they never made the effort to live well under difficult circumstances.

Gene and Susie were married just before Gene got a job as a salesman. During his try-out period with his company, they lived in six different places—in rooms and in furnished apart-



U. S. D. A. photo

How can good management of space and equipment, such as this mixer, lead to greater family enjoyment?

ments. Both had the attitude that since the situation was temporary any extra effort to make themselves comfortable was not worth the time. Their son Robert was born during this period, and Susie devoted much of her time to his care. When they finally were able to have a permanent home, both found it almost impossible to change the haphazard standard of living to which they had let themselves become accustomed.

What makes a family a going concern? 387

Susie discovered that making her home comfortable and caring for the baby was difficult, and she envied the easy way in which many of her neighbors worked. When they were first married, she and Gene had never bothered to organize their homemaking jobs or to choose a way of living that they both enjoyed. Confronted now with the responsibilities of a new home, community, and beginning family, they found the situation too difficult to manage successfully.

Their friends Bill and Dot had a different problem. They had been able to set up a permanent home when they married. They had spent a lot of time decorating and furnishing their home, and they were proud of it. They liked to entertain and lived in a community where other couples also enjoyed it. Dot had organized her homemaking so effectively that the birth of Mary Jean did not make much difference. Their home still retained its trim, attractive appearance. A few years later, after her son was born, Dot was overworked because she tried to keep up the standards she had set when she was first married.

Not until she became exhausted was she willing to look at the situation realistically, to realize that housekeeping should be simplified to permit more time with the children. When she recognized the sense of this, she planned simpler meals and bought easy-to-laundry clothes which needed little attention. When she replaced furnishings, she purchased materials requiring little care. She found that attractive washable slip covers and plastic upholstery material could be obtained in her chosen color scheme. She put away, for the time being, all breakable accessories that could attract active little eyes and hands. It was hard for Dot and Bill to simplify their standards, but they could do this more easily than Gene and Susie could learn to manage their home well for the first time in their lives.

We have seen how a family had to change their way of living as they increased. As every family grows, homemaking practices will become increasingly simplified and will be shared by each family member. Then—as the children leave home—standards can again become more elaborate if the family wishes.

The chart on page 411 sums up the management problems of the typical family, showing the many problems encountered

while children are growing and the “quieter” periods at the beginning and end of married life.

Management means making a plan to achieve the goal. Good planning means first deciding upon a way of living that not only will fall within the family income but also will bring the most satisfaction to all family members. Then it means work toward achieving the goal. Often a plan needs changing after it has been tried out. Sometimes the goal has to be changed, but if a family knows what it wants and plans for it, it is more than likely to succeed.

A successful football team has a vast store of individual plays. During practice, intensive efforts are made to see that every player knows every play. Furthermore, every play is decided specifically to score a touchdown. Similarly, in home management, once the goals have been chosen, careful plans must be made in order to reach them.

Mr. and Mrs. White wanted to live simply and comfortably, doing a minimum of physical work. Part of their plan was to have a well-planned, simply furnished home with a maximum amount of labor-saving equipment. This meant Mrs. White would have to work outside the home to earn enough money to pay for the extra labor-saving equipment. While the children were young and needed their mother's care, this part of the plan was delayed. The family's need for labor-saving equipment, however, was probably greatest at that time. As another part of the plan, the Whites learned carpentry at local adult education classes to put into practice some of the labor-saving ideas they saw in magazines and store windows. As the children grew older, each child took over a share of the housework so that beds were made, tables were set, and dishes were washed without any one person feeling overworked. This growing responsibility on the part of the children helped them to learn to work well with others and permitted Mrs. White to take a part-time job outside the home.

Three nephews soon joined the family when their parents died. At that time, good management and planning paid dividends. The family had greater ease and comfort, as had been originally planned; but they also met this emergency without

discomfort or family unhappiness. The three new family members were absorbed into the home, and the plan was changed to include them. There was less money for labor-saving equipment and less leisure time for Mr. and Mrs. White to improve their home, but with each member of the family sharing the responsibility, the Whites felt satisfied.

Planning may accomplish small goals as well as complex, extensive ones. Planning may be simply a matter of getting the necessary jobs done early in the day in order to be able to go to a picnic later. It may be eating low-cost meats rather than steak in order to save money to go out to dinner occasionally. Whatever the goal, the steps leading to most successful enterprises are (a) deciding on what is desired; (b) making a plan to get it; (c) making necessary changes in the goal and plan; and (d) seeing ways to improve on the original desire.

Management requires skill in saving time and energy. A great deal of attention is now being given to saving time and energy in the home. Scientific research is directed not only toward reducing labor and time costs in industry but also toward helping the homemaker do her job more quickly and effectively. Every home can be considered as a small production plant which must work efficiently in order to provide the greatest profits in satisfaction for all of its members. We are constantly being told in advertisements for modern equipment that work will be reduced to a minimum as a result of buying this or that item. We know this is not necessarily true and that using good equipment is only a part of saving time and energy. Planning and forethought save work.

The basic idea in saving time and energy is simple. It is to eliminate unnecessary steps and motions in the job, to rearrange them, to make them easier. For example, in a routine job like washing dishes, time-and-motion expenditure can be cut down considerably even without the aid of a mechanical dishwasher. Soaking dirty dishes, stacking similar dishes together in their order of washing, having hot water convenient for washing and rinsing, and placing a drainer nearby—all these make the dishwashing process continuous from start to finish. Such a plan may seem obvious, but in every home there



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Each of these homemakers needs a table of a different height in order to do her work comfortably.

are ways in which routine jobs could be simplified. Working and analyzing critically for a period of time, then doing some rearranging, will save time and energy.

Who does each job? When? How?

First, question the need for the job. Is it necessary to the family's comfort, health, or happiness? Is it worth the amount of time and energy put into it? If the job is worth doing, then *who* should do it? Is it best done by the homemaker, by some other member of the family, or by an outside service, such as a laundry or a window cleaner?

When should the job be done? Should the family wash always be done on the same day each week, or can it be done

better a load each day? Can the refrigerator be defrosted more conveniently when the kitchen is having a special cleaning or just before the weekly marketing is done?

Next, question *how* the job should be done. This means looking critically at the setup for doing it. Many kitchens look neat and well organized but are awkward to work in. It may be better to arrange stores and utensils where they are most needed and accessible than to place the emphasis on their appearance. Saucepans may be better stored near the sink if they are to be filled with water before being put on the range, but their lids can be kept near the range. Some of the dinner service should be kept near the dining area, but platters and vegetable dishes should be kept near the range. Many types of saucepans and baking dishes can be used for both cooking and serving, making special vegetable dishes and meat platters unnecessary.

Most kitchen storage space is not adequate for labor-saving arrangement and needs considerable improving in order to be reasonably effective. Storage space for cleaning utensils is another area that needs careful thought and usually some alteration before it is convenient for use.

The *tools* to be used for the job are as important as the place for keeping them. Many modern tools are especially helpful in making the cleaning jobs easy. Examples are cellulose sponges, which take the place of dishmops, floor cloths, and bath cloths, but which are more easily kept in good condition. Aluminum foil saves washing greasy broilers and sticky baking sheets. It keeps food moist in the refrigerator, reflects heat under the ironing-board cover, and prevents ice trays from sticking. Cleaning agents also save time. The purpose of each detergent and cleanser should be determined so it can be used accordingly. It should not be expected to do what is beyond its purpose.

Every day, new labor-saving *appliances* appear on the market. Many of them save time and energy, but some require more upkeep and storage space than is practicable. Before purchasing an appliance, test it and check its performance with that of other makes. The manufacturer's directions for use should be studied. Each make may require different operation. None of



Du Pont Co.

In buying a household appliance, a family should not be swayed by what other people have but should ask, "Is this best for our needs?"

them will perform efficiently if not used correctly. Usually each new model of any brand of appliance has improvements that require different operation. Reading the instructions for the use of new equipment may mean less repair bills.

Working conditions make a difference in the worker's efficiency. Adequate heat, lighting, and ventilation, quiet, and pleasant colors all help to make better working conditions for the homemaker. Adequate light is needed at every spot where a job has to be done. Many people do not have good lighting over the sink or in closets where utensils are stored. Keep an adequate supply of fresh air and a low temperature in the room



New York State Colleges of Agriculture and Home Economics

When everyone gets into the act, things get done. This patio will shortly be ready for outdoor dining and just sitting.

when you are doing an active job or using the oven for an extended period of time. You can cut down on fatigue by sitting down whenever possible and resting periodically when doing long, concentrated jobs. The normal variety of activities in a homemaker's day can prevent undue fatigue, provided adequate rest periods are taken and comfortable, appropriate clothing is worn.

Division of labor in the home depends upon the outside responsibilities assumed by family members. Age and capabilities are considerations too. When a young couple work full-time outside the home, homemaking responsibilities must be shared. Some help from the husband is necessary if the children not only are too young to share homemaking jobs but also



H. Armstrong Roberts

Discussing problems in family meetings is usually better than trying to work them out alone.

need much special attention. When family members are old enough to help, the load can be shared, although division of labor may change from year to year according to changing circumstances. Everyone can clean up after himself and share the labor necessary for his own comfort and convenience.

A flexible time plan is essential

Scheduling household jobs is often spoken of as an impossible thing to achieve and an unpleasant way of running a home. In actual fact, just as any smooth, efficient operation has a certain routine, so does house care. There are two situations for which a schedule is particularly helpful: one, a newly married couple, both working, for whom the job of keeping

house is a new one; and the other, a home with a young family where the mother, with a peak load of work to organize, most needs assistance.

The following time plan shows how the newly married couple can learn to keep housework at a minimum. Both have a full-time job, and are proud of their two-room apartment. They received as wedding gifts several electrical cooking appliances, including a toaster and a roaster. They have an old refrigerator, which works efficiently, and a two-burner hot plate. They send some of the laundry out, but wash everything else themselves.

Here is the plan Ed and Joan Smith worked out:

Ed starts breakfast while Joan is in the bathroom.

After breakfast, Joan makes the beds, washes the dishes, and stacks them while Ed dresses.

Both eat lunch out.

Joan buys any necessary groceries on the way home.

Ed takes the laundry and dry cleaning to be done, since he passes the shops on his way home.

Joan and Ed prepare the dinner together and do the dishes afterwards.

Since the apartment is small, they do most of the special cleaning on week ends.

Every two weeks or so, they entertain someone for dinner or have a card party with refreshments. On these occasions both make as many plans and preparations as they can the night before. Meals and refreshments are simple and quickly prepared.

Joan spends one evening a week on personal care and ironing, while Ed catches up on some necessary study. One evening Ed goes to his club meeting, and Joan may be out with friends.

Both attend an adult education class at the high school. This year in the home decoration class their project is making a lamp and lamp shade.

For the Smiths these are the easy, preparatory years when they have an opportunity to get to know each other, to learn to be good managers, and to prepare for the busy years ahead with a growing family.

The work plan in the Ferrow family, where there are four young children, is more complex. Sue, the oldest girl, is in first grade; Billy is in nursery school; and the twins, Carla and Jean,



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This family planned and built their home. Each member contributed his share to the effort according to his ability.

are eighteen months old. Mr. Ferrow leaves for work at 6:30 A.M. and returns around 4:30 P.M. He takes the car with him. The Ferrows have an automatic washing machine and dryer, a freezer, and a dishwasher. Except for an occasional baby sitter, they have no other outside help. Marketing has to be done when Mr. Ferrow is at home, as there are no nearby stores. Their home is simply furnished; the floors are easily cleaned.

Mrs. Ferrow's time plan is as follows:

Prepare breakfast for Mr. Ferrow, and take his packed lunch from freezer. Give twins juice and crackers.
Dress twins. Make own beds and twins' cribs.
Help Billy to dress. Check with Sue on any special needs.
Breakfast for children.
See two older children off to school on bus. (Sue has made her bed after breakfast.)
Put twins to play within seeing and hearing distance.
Make Billy's bed. Put bedrooms and bathroom in order.
Start any necessary preparations for dinner while breakfast dishes are washing.
Put load of clothes in automatic washer.
Put downstairs rooms in order.
Spend ten minutes with twins. Put them to bed for morning naps.
Do special cleaning job.
Get lunch for twins and self. Read to or play with them.
Rest for twins and self.
Out for walk or in garden with twins. Meet older children from school.
Snack of juice and crackers for children.
Continue preparing dinner.
Spend a half-hour with husband and family.
Dinner. Sue helps to set table. Mr. Ferrow takes over care of Billy and twins.
Wash dishes in dishwasher. Straighten kitchen.
Get twins to bed first, then Billy, then Sue.
One weekly club meeting each for Mr. and Mrs. Ferrow. Take turns putting the children to bed. Occasionally have a sitter and go out together.
Set breakfast table for following morning. Check to see that Mr. Ferrow's lunch is packed and ready in the freezer.

Both of these schedules have five points in common. Together they illustrate the process of effective home management. These points are listed below:

- 1 The people concerned choose from several possibilities and decide which is important to them. The Ferrows decided to give each member of the family a part in homemaking and an opportunity for leisure. The Smiths combined wage-earn-

ing with homemaking and saving towards a permanent home.

- 2 A plan is made to achieve the goal. In both cases the schedule was a way of planning for the things that were important to these couples.
- 3 Good management requires skill and practice. A schedule is a good start, but it requires practice and revision before it becomes really effective. Most people find that they try to cram too much into a schedule. Note the amount of time needed for certain jobs and be sure they are being done in the easiest and most efficient way. A tentative schedule can be set up and revised as better ways of working are found. In making the plan consider *who* should do a certain job; *when* it should be done; and *how* it is to be done.
- 4 Tools and appliances, properly selected and used, are a part of good management. Working conditions determine whether or not a plan will work. A hot, cramped kitchen can ruin the best schedule.
- 5 Division of labor makes the jobs more fun and more quickly completed. The more varied and enjoyable jobs should be fairly distributed whenever possible.

Chapter checkup

- 1 Choose the false statements from the list below, and suggest ways to correct them so that they become true statements.
 - a Good management is only a matter of saving time and energy.
 - b Learning to be a good manager helps people to look at several choices and decide what they most want.
 - c Division of labor is the basis of good management.
 - d Efficient tools make an effective manager.
 - e A good manager chooses the latest labor-saving equipment.
 - f Good home management involves all members of the family.
 - g A schedule of homemaking jobs is both unwise and impossible to put into operation.
 - h Good management requires careful planning ahead of time.
 - i Checking the success of results is an important part of management.
- 2 What are the necessary steps in managing any operation effectively? Illustrate your answer by showing the steps in managing the following projects to the best advantage:

Deciding whether to purchase a dishwasher
Sharing homemaking jobs
Arranging work space in the kitchen

- 3** With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

division of labor
management

standards
time plan



Chapter forecast

Chapter 17

How can family recreation expenses be kept low?

Standard Oil Co. (N. J.)



What should you know about buying?

Standard Oil Co. (N. J.)



*How much credit can
a family afford?*

Du Pont Co.

*What jobs can be done
at home to reduce the costs
of services?*

Du Pont Co.



*Economic management
is a means
of reaching goals*

Money management is expressed in many different ways through saving, spending, earning, and investment. Effective management of finances is of major importance in the management of family happiness. Many families get much more for their money through wise planning of the use of their income. When family funds are limited, tensions sometimes arise because of the share of money each member receives or because some members use the money carelessly. Sometimes family members do not know the amount of the family income and are unrealistic in their expectations of what should be their share.

Money is a means to an end. To bury a ten-dollar bill in a can in the yard would obviously be a poor way to use it. The chief use of money for most of us is to exchange it for goods and services. The range of goods that we can buy is tremendous—so much so that we can no longer depend entirely upon

personal knowledge and experience to get the best value. Once goods could be inspected personally before they were purchased. The variety was small and an experienced homemaker could choose by sight, feel, or smell. Nowadays the range of goods on the shelves of a supermarket alone is so vast that it would be impossible for a purchaser to know about every item. Furthermore, many goods cannot be inspected before purchase. But if inspection were possible, the purchaser would be none the wiser because he would probably lack the technical information needed for judgment.

To avoid disappointment and waste of money, the purchaser should learn as much as possible about the goods he plans to buy.

Buying on credit is a common practice, and the consumer needs to know its advantages, limitations, and dangers. Unless credit buying is carefully figured, the total spent for goods bought on time can exceed the regular income, putting a family in debt from the start. On the other hand, purchasing goods on the installment plan may be the only way by which families may obtain a home, large equipment, and furnishings for their home.

Saving is an important part of money management and is essential if long-term goals are to be realized. Insurance and other investments are means of purchasing a feeling of security toward a future when illness or death may come or when the family income may be cut off. Saving is important for the family's ultimate happiness as well as for its security. Even if the result is only a small sum, good habits of saving will have been developed and an extra fund will have been provided for emergencies and special occasions.

Good money management also means not spending money unnecessarily for services the family can do themselves. Many people have unrealized talents that could become financial assets. Some of these special skills are painting, decorating, dress-making, hair cutting, repairing the car, and fixing faucets. Everyone can make his money go farther by learning more about the goods he buys and using them carefully.

Effective money management demands some knowledge of



Different families have different management problems. What might work out for a large farm family perhaps would not help a small urban family.

Photos from Standard Oil Co. (N. J.)

law as it relates to social security, insurance, transfers of money, and borrowing. Above all, good economic management requires the ability to make intelligent choices based on a knowledge of facts and some understanding of economic conditions in general. Then resolution is needed to follow a plan for achieving those choices.

Ideas for action

1 Sources for study

Fitzsimmons, C., and White, N. *Management for You*. J. B. Lippincott Co. Chicago. Chapters 13 and 14.

Starr, M. C. *Management for Better Living*. D. C. Heath and Co. Boston. Section III.

Wilhelms, F. T. *Consumer Living*. McGraw-Hill Book Co. New York. Part III and Part IV.

2 Choose an object that you would like to have in your home. Tell why you want it. Find out its price and maintenance costs. Make a realistic financial plan for obtaining it.

3 Have committees investigate and demonstrate to the class "best buys" in the following items:

liquid detergents and soap powders

linoleum

prepared pudding mixes

children's snowsuits

men's work shirts

4 What kinds of jobs are available to high school graduates today? How much do they pay?

5 What is probably the difference in the income of a married couple if the wife works? How much is their combined take-home pay?

6 Interview former homemaking students, recently married, to learn about the costs involved in setting up housekeeping.

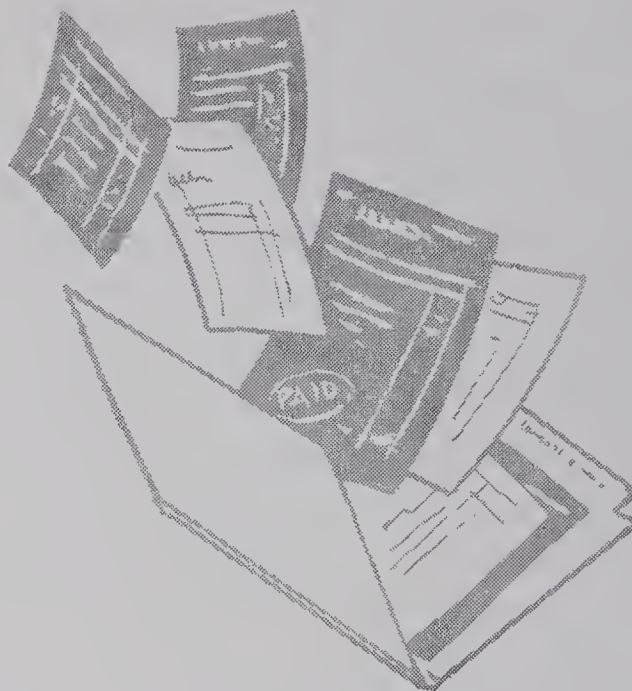
7 Interview former homemaking students, with and without children, to learn about the differences children make in expenditure of family income.

- 8 List abilities and skills that can help to make family income go farther.
- 9 Using information gained from activities 4, 5, 6, and 7, divide into class committees to make out financial plans for typical young families at various income levels.
- 10 Invite to your class a member of the community who has special knowledge concerning life insurance, savings accounts, government bonds, real estate, building and loan associations, and stocks and bonds. Ask him to show how each of these investments can contribute to a sound savings plan.
- 11 Outline various methods of saving that would be suitable for a young family. Discuss the advantages and disadvantages of each method.
- 12 Set up class committees to investigate and report on sickness and accident insurance, fire and theft insurance, and property and liability insurance.
- 13 Evaluate your own spending habits. Plan four ways in which you could make better use of your money.

How can we get the most for our money?

Long ago, families had little use for money. They built their own homes from raw materials, they grew their own food, they made their own clothes. They stored away materials that were left over and had a reserve of food and a roof over their heads when times were hard. Their lives were adventurous because they had to depend upon themselves, but in many ways they were less risky than now when people are dependent upon weekly wages. Today money is our principal means of obtaining our material wants, and accordingly we have to learn to manage it as cleverly as our ancestors managed their supplies of raw materials.

A plan for spending income is important. If a family is to make the best use of its money, it must work out a plan for spending. All successful business concerns do this. There are two essentials which must be included in any plan, whether it is for an industry or for a newly married couple managing on a minimum income. The first essential is an estimate of income; the second, a plan for using the income.



Keeping an account of expenditures makes it possible to plan realistically.

Of course, both the estimate and the plan should be made for the same period of time. People with a fixed monthly salary usually like to base their plan on a monthly income. Others with incomes that fluctuate from month to month prefer to plan on a yearly basis. In any case, it is sensible to be conservative. Daydreaming about how much money you might get is all right so long as you make wise plans for spending the money you are fairly certain you will get.

Experience is a helpful guide in making a plan for using money. It makes it possible to create a more realistic spending plan. A newly married couple cannot tell for several weeks just what amounts they will have to budget for items such as food, clothing, and amusements, but they may be able to estimate rent and insurance fairly accurately. Therefore, it is important for them to keep a record of expenditures over a period of time before making a plan.

A checking account is an excellent way of keeping track of money, because the cancelled checks make an accurate record of every penny spent. Another good plan is to write down every item of expenditure over a period of time so that you know from experience what it actually costs you to eat, to use the car, or to take a vacation.

The purpose of making a financial plan is to help you obtain



New York State Colleges of Agriculture and Home Economics

Making a plan for the future is important.

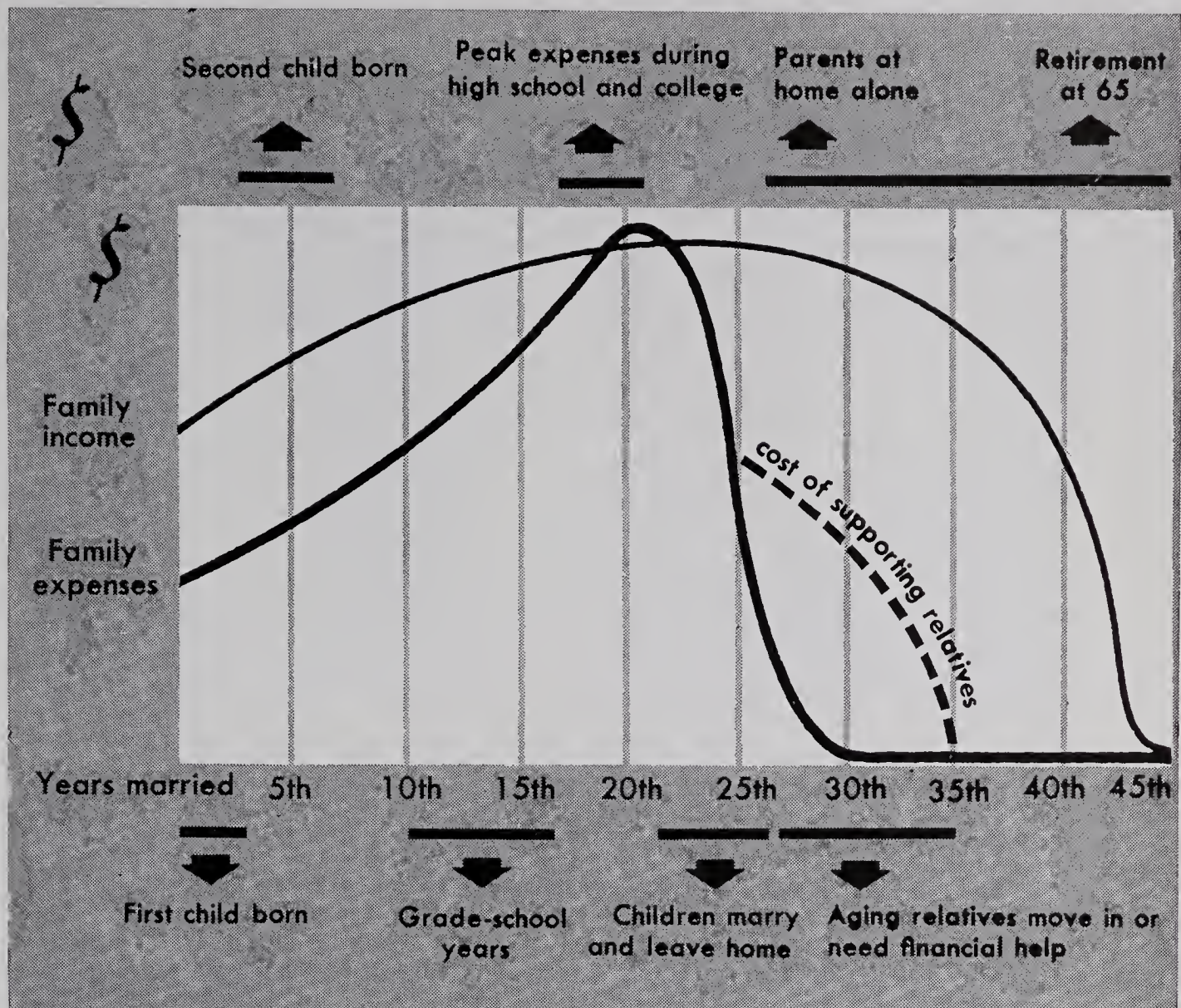
something you particularly want. Therefore, your goal must be your chief guide in setting up a plan for using income. Your choice of goals demands the utmost consideration. Obviously you are not going to get everything you want, whether you make a plan or not. And you are not going to get something which is completely out of line with your income, such as expensive jewelery on an average income. But making a plan will help a family to decide what they want most, to compare its cost with money that is available, and to make a final plan for reaching their goals.

The proportion of income to be spent on different items varies with every family. Where the income is low, a high proportion will be necessarily spent upon food and housing. As the income rises, more money can be spent on the trimmings that can make life pleasant. Your values in living also will affect your expenditures. For example, some people are happy living in low-cost housing, provided they have money to spend on other things that they want. To some people a home without a bathroom is unthinkable. They consider a bathroom an essential expense. Education is an important goal in some families. Others would rather put money into a fine home or into savings for a future income.

Financial planning changes during the cycle of family living. At one time, when a young couple were married, it was expected that they would have saved enough money and goods to have some financial stability. It is the same today, but instead of money in the bank or stock on the farm a young couple will have earning power to make their way. Many young women work for several years after marriage in order to save money to buy furniture or labor-saving equipment. As the children arrive, this reserve is likely to be depleted, and the father's earning power is often insufficient for the needs of the young family.

Family expenses increase along with earning power until the family earns enough money to keep pace with the growing family, particularly if the mother goes to work again after the youngest child is old enough for school. Her earnings then can be used to buy new furnishings and equipment or to set up a savings fund for the children's education. As they get older and their children launch out for themselves, the couple's earning power decreases, but so do their needs. If these various cycles are understood, planning for expenditure and saving can be geared to the various needs of the family cycle.

Planning the use of your money will help you in several ways. It will force you to decide what you want out of life and help you to be realistic about what you can have. It will also help you to live within your income. Many young people become so enthusiastic about setting up their home that they become in-



Source: Better Homes and Gardens

Here is what is ahead in a typical 45 years of married life. At what time in the marriage do the expenses slightly exceed the income. Why?

involved with more installment payments than they can afford. Carefully recording every expenditure and comparing it with the total income will help to keep expenditures within bounds. It will help to stop money leaks caused by giving in to over-persuasive advertising. Planning your money does not prevent you from spending money as you want. That is your business. However, it does assure your getting the most value possible for your money.

Buying goods is an important part of money management. Learning to be a good shopper is a practical skill that takes good sense, time, knowledge, experience, and a friendly attitude. Like many other skills, good shopping begins before you go to a store to make a purchase.

Ken and Joan Edwards were planning to buy a record player.

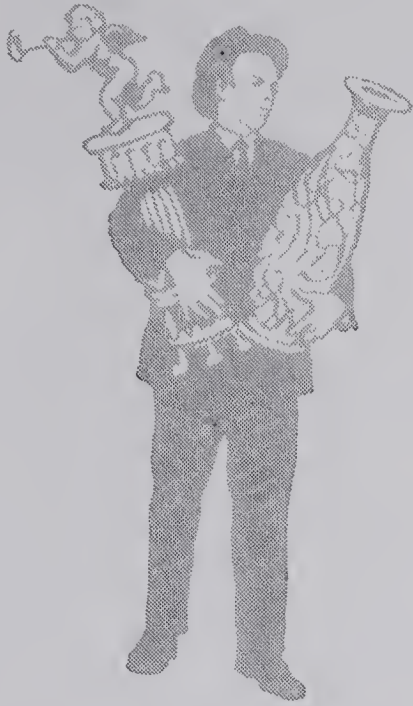
But before they shopped for it they made some preliminary inquiries. They listened to record players belonging to friends. They read consumers' magazines, looking carefully at advertisements. When they had formed some idea of the type of record player they wanted and the price they could afford to pay, they visited two or three stores, listened to the record players, and talked to the salesmen. On the basis of this information, they made their purchase and were well satisfied with it.

Shopping for small purchases made frequently is basically the same. A good buyer decides beforehand what she wants, then is on the alert to find the best quality for the least money. When counting costs, remember that you may not save money if buying a cheaper item means using gas, shoe leather, time, and effort. A large weekly purchase at a supermarket may save money if transportation does not cost more than small purchases made more frequently at a neighborhood store. The variety of goods available in supermarkets also may encourage buying more than you really need.

Good buymanship is based on previous planning. A well-organized shopping list will not only save time but will help to prevent unplanned purchases which may turn out to be poor buys. We are less likely to buy goods we do not need. Many homemakers keep a pad and pencil handy so that they can jot down notes and ideas as they think of them. In this way the list is gradually accumulated and should be specific as to the size or quantity of what is needed. Many people keep two lists, one for food and day-to-day needs and the other for larger items that need more thought before a purchase is made.

Good buymanship considers what you already own. No matter how good a buy a prospective purchase may seem to be, it should be considered carefully in relation to other possessions and to other demands on your purse. Wool suits may be offered at attractive prices during a sale, but unless you buy one that will harmonize with the rest of your wardrobe and accessories, it is likely to be an extravagant purchase.

In buying food, keep two things in mind: buy the food needed for the day's meals and buy the food needed to supplement supplies already in stock. In buying furnishings, consider them in



Many persons buy things hastily and as a result come home with ridiculous items they could not possibly use. Good buymanship prevents this purchasing on the spur of the moment.

relation to other furnishing in the room, the color scheme, the available space, and the use to which the new article is to be put.

Decisions about the quality of purchases must be made in relation to what can be afforded. Most goods come in several qualities suitable for various uses. For example, it would be poor judgment for a young couple to buy a large, expensive refrigerator and freezer if they have limited space and if they are close to food stores. They will be paying a high price for a gadget that does not actually earn its higher cost in use. On the other hand, it might be good judgment for them to buy a piece of quality furniture if it gave good promise of extensive use.

Food can be nutritious and appetizing at various levels of quality. For example, a skillful meal planner would not use “choice” quality cuts of steak for beef stew, because the food value and flavor would be just as satisfactory from a “good” quality piece of chuck or round steak.

Price is not always a reliable guide to quality. Frequently we hear the statement “You get what you pay for” or “It always pays to buy the best.” This is not necessarily true. Fashion can play a big part in determining price; so can shortage of supply and eye appeal to the customer.

For example, it is generally known that the most expensive cosmetics may contain basically the same ingredients as cosmetics sold at moderate prices. The difference is that the ex-

pensive ones appeal to the customer's desire to buy what seems exclusive or luxurious. Similarly, some vitamin concentrates are expensive compared with the cost of a well-balanced diet containing the same nutrients.

The best-quality goods often are not needed. Buying the top grade of canned whole tomatoes for a spaghetti sauce would be as wasteful as buying high-priced oranges for juice. Using an expensive enamel on kitchen shelves would be foolish when a flat paint costs half as much. But using the waterproof enamel to paint behind the kitchen sink would be sensible.

Advertisements can be put to good use by the consumer. Advertising has two functions. It supplies information desired by the consumer, and it acts as persuasion which results in selling goods. When the consumer wants to buy a new rug, he examines the ads very carefully, comparing prices, sizes, types of weave, and fiber content. When the rug manufacturer wants to sell rugs, he tries to show by advertising that not only are his rugs of good quality but have something special to encourage people to choose them rather than other brands.

Reliable advertising is informative and helpful. It provides a basis for making a decision. Mary was interested in buying a new robe, one that was warm and could be easily laundered. She scanned the ads for ideas, passing rapidly over any that did not include information about the qualities she wanted. When she found the type she wanted, she compared them as to price, style, and color. She made a tentative decision from the ads she read. Eventually she looked at the robes available and was able to choose one that satisfied her.

Some people do most of their shopping from mail-order catalogs. When shopping is done in this fashion, it is important to sort out factual information from the "trimming" which is used to attract attention. Some advertising appeals to the emotions rather than to the intellect. Often an advertisement will try to create a pleasant atmosphere surrounding an article, so that the customer is given the impression that by buying the article, he also is buying the surroundings. Can you picture the food advertisements in magazines? They make us feel that we too can produce the perfect meal with no effort, that the



H. Armstrong Roberts

The wealth of consumer goods makes choice-making one of the major management problems for families.

What makes a family a going concern? 415

happy, appreciative, prosperous family in the background of the picture will be reproduced in our homes when we use that product.

Advertisers know that everyone likes to get something for nothing, so they often stress economy in their ads. This kind of advertising may be perfectly sound and give excellent help. On the other hand, it may encourage us to spend more money than is really necessary in the expectation of economizing later. Frequently, fine quality and durability are stressed in ads for such items as cleaning materials, paper goods, and baby garments. With such items, of course, long-lasting quality is not necessary.

Advertisements can be of real value to the consumer if we remember

- 1 to have a clear idea of what we want before we study advertisements with a view toward purchasing;
- 2 to separate specific information from "trade puffs,"; and
- 3 to plan expenditure in relation to known facts rather than to emotional appeal.

Labels may be a source of helpful information. The new jacket that you bought has three labels attached to it. One guarantees that it is water repellent, provided it is treated in a certain way when it is dry-cleaned; one asserts that it is made of preshrunk material; and one states that it is fast-dyed.

Granted that it would be more helpful to have all three pieces of information on one label, to have this information in any form is an excellent guide when shopping. Contrast your jacket with a sports jacket that gives no information beyond the brand name and the size. Reputable manufacturers increasingly are putting more informative labeling on their products. If consumers would demand it, this practice could become even more widespread and provide even more precise information.

Foods that are processed or changed in some way from their natural state have mandatory standards for labeling to prevent interstate marketing of foods that do not meet basic standards. A statement of contents is required on every container.

Textiles and clothing do not have such strict and inclusive



U. S. D. A. photo

A statement of contents is required on every can of processed food. These cans indicate brand, grade, and weight. The small shield and the letters "U. S." show that the food was packed under the supervision of a government inspector.

standards by law, but regulations are increasing both by law and by manufacturer-consumer demands. The Wool Products Labeling Act requires that all articles containing wool, except floor coverings and upholstery, must show the fiber content. In the rayon industry there is mutual agreement among manufacturers that the word *rayon* must be marked on all fabrics containing it.

Studies have been made by the United States Bureau of Human Nutrition and Home Economics of children's and women's measurements in order to provide manufacturers with reliable sizing for ready-made garments. Helpful trade practices include labeling fabrics that have special finishes, such as fabrics that are preshrunk or treated for crease resistance, and labeling fabrics for durability by stating the thread count.

Trade associations such as the American Institute of Launder-

ing and the Underwriters Laboratories put the stamp of their approval on goods that will stand up to tests of performance and durability. The United States Testing Laboratory deals with a wide range of articles and gives periodic tests.

These regulations and seals of approval are all designed to protect the consumer and to assure a uniform and reliable standard of product. Although seals of approval do indicate a standard, they do not necessarily mean the best or highest standard. Learning to make use of this information before purchasing is another way of managing your money effectively.

How can we use credit intelligently?

Most families need to use credit at some time. One reason, and the most common one, is to buy a house or a large piece of equipment. Another reason is to meet exceptionally heavy expenses when payment needs to be spread over a period of time. Sometimes during a period of hard luck or illness, money is needed to keep the family going.

Until recently, the amount of credit used by families was comparatively small. There was considerable feeling in favor of paying cash for everything, with a dislike of being in debt. As times have changed, however, and people have become more used to depending on a weekly paycheck, they have become more accustomed to using credit. It is used to buy the large items which people could not afford to possess in earlier times. Credit buying is an advantage to the manufacturer in increasing his volume of sales.

Credit is like fire. So long as it is kept under control, it is a great advantage. As soon as it is used carelessly, it becomes a great danger. The intelligent consumer must know how much it costs to use credit, when it is good to use it, and when it is better to pay cash.

For example, a good use of credit is borrowing money for a college education, provided that later employment will bring in enough money to repay the loan. To use credit to buy a house is an accepted use of credit. To use credit to buy a refrigerator or a range is a way of financing a necessary piece of equipment that will have many years' use. On the other hand, to use long-

term credit for luxuries or for articles that will be soon discarded may be a very unsound practice, since it may tie up some of the money needed for ordinary household operation.

A good credit rating increases purchasing ability. If you are known as a person who pays his bills regularly, you will be able to obtain credit when you need it. What is involved in obtaining a good credit rating? Any merchant who allows you to take goods without paying for them needs a guarantee that you will be able and willing to pay at a later date. Therefore, he needs to know something about how much money you have, how much you earn, and whether you are a reliable citizen.

To demonstrate your ability to pay, you will provide him with the needed information and maintain your reputation by paying bills regularly once you use credit. A person who is on record for having a good reputation and for paying bills promptly is said to have a good credit rating. Many merchants belong to a credit-rating bureau which gives them information about people who ask for credit. If you have charge accounts at various stores and pay your bills promptly, other stores belonging to that credit-rating bureau will be ready to open an account for you.

Using credit costs more than paying cash. Credit is a convenience, but it entails some cost to the person who supplies it. The person who extends credit does not have the immediate use of the money and takes the risk that it may not be paid back on time or at all. The expense of clerical work involved in making the transaction, the interest on the investment, and the use of a credit bureau all add to the cost of credit. Therefore, it is important to calculate the cost of using credit before deciding whether it is worth it to you.

A wise purchaser will spend the least possible amount for the convenience of using credit. For example, Tom and Margie Banks decided they needed a new refrigerator when their old one became so unreliable that repair bills were too frequent and too high. They found they could buy a new one for a cash price of \$300. If they bought the same model on installments, the cost would be \$330, but they would have 16 months in which to pay. Tom and Margie had \$100 cash and could borrow

\$200 from the bank at 6 per cent interest. They borrowed the \$200 and paid cash for the refrigerator. The \$200 was repaid to the bank in eight months, plus an interest charge of \$8.00. By using a combination of cash and credit, they paid less for the refrigerator than if they had bought it on the installment plan.

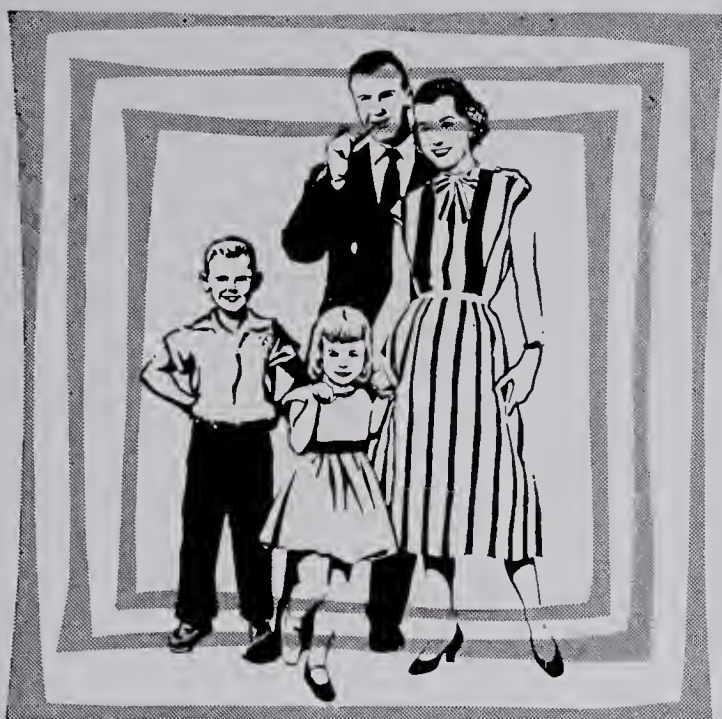
The following points are important to consider in using credit:

- 1 A good credit rating is an asset of real value.
- 2 Buying on credit costs more than paying cash, but it may enable you to buy to better advantage.
- 3 Your credit rating is useful to you only so long as it is kept in good standing. Therefore, bills must be paid promptly.
- 4 It is essential to watch your purchasing to be sure that your bills will not exceed the amount budgeted in your regular monthly income.
- 5 If you cannot pay a bill promptly, go to the lender or to the credit manager of the store where you owe it, and explain your situation. Pay as much as you can, and arrange to pay the remainder in regular amounts.

How can we provide for unexpected expenses?

No matter how careful people are with their money, they will have unforeseen expenses that will be difficult to meet. A car accident, a fine, a sudden death may leave a family in an unfortunate financial situation. It would be impossible to buy financial protection to guard against every circumstance. But each individual can decide which risks are likely to be the most serious and can plan accordingly. Remember, too, that you can spend so much on protection that you become "insurance poor."

When Bob and Mary decided to get married, Bob began to think seriously about his insurance plan. He realized that Mary would need some resources if anything happened to him. His job was covered by workmen's compensation laws in case of accident and by the old age and survivors insurance program and the unemployment compensation program of the Social Security Administration. Therefore, he felt that he needed only a moderate amount of life insurance to supplement his social



Life insurance is tailored to fit each family.

security benefits. Mary already was covered by group accident and health insurance and planned to keep it.

They took out a fire insurance policy on their home and a \$1,000 fire and theft policy on their household goods. After paying for insurance on the car, Bob felt that he had allowed for all reasonable risks, yet left himself sufficient money to establish a savings fund which could also be used in an emergency.

Family plans for insurance vary at different stages of the family cycle. We have seen how a young couple provided for emergencies. However, a family should make out a long-time plan which will change as family circumstances change. This plan will vary according to family circumstances, but it should provide some security in case the essential wage earner dies or is prevented from earning an income for a period of time. Social security payments may provide some protection. Remember, however, that the following resources also may be needed:

- 1 Cash to pay final bills in case of death and to establish an emergency fund
- 2 Readjustment means while the family makes plans for carrying on without the essential wage earner
- 3 Family income to provide for children until they are on their own
- 4 Life income for the mother if she is unable to work.

Paying cash saves the cost of credit. Have a reserve of cash by saving money regularly.

Du Pont Co.



This protection may not be needed by many families, but a good insurance plan will relieve anxiety in any case. If, as life-expectancy figures suggest, the wage earner does live until old age, some insurance policies can be converted into either retirement income or the cash to be used for some special need.

Knowing your assets is a part of money management. All of us have assets that we may not recognize. The fact that a person is interested in managing his money is one asset. That he is able to make himself use his money to best advantage is another asset. A third asset is knowing where his money is going to be spent in order to consider or evaluate its best use.

Jim and Jane Warren were interested in a boat and saved money to buy one. After they had bought a fairly expensive boat on long-term credit, they realized that the installment payments, the dues at the boat dock, and the cost of upkeep amounted to a considerable sum. Added to the payments they were making on their home at the same time, the extra costs were a heavy financial burden.

Bill and Betty Andrews also wanted a boat and they, too, were paying for their home. They bought United States Savings



Standard Oil Co. (N. J.)

A small boat can provide a lot of pleasure without requiring a large expenditure of money.

Bonds until they had enough cash for a small boat and an out-board motor. They bought a carrier for the top of their car, and saved dock dues by using the public boat landing. Since the boat was a pleasure item, they reasoned that they would enjoy it more if they did not worry about paying for it. So long as they had to make payments on the house, they preferred to own a smaller boat that would serve the purpose.

Having a knowledge of your assets helps to provide for unforeseen expenses. Many people have capabilities that can bring in extra money when it is needed. Planning ahead for what you want will help to achieve it more quickly.

Chapter checkup

- 1 Calculate the comparative cost of purchasing a new living room rug priced at \$250 by (a) paying cash; (b) paying half the cost down and paying the remainder at 6 per cent interest over a period of six months; (c) paying \$25 down and paying the remainder at 6 per cent interest over a period of 12 months.

- 2 What information would you look for on the label of a corduroy sports jacket for yourself?
- 3 What does credit rating indicate? Give reasons why it is important for a family to maintain a good credit rating. Tell how they may do so.
- 4 Why is insurance an important part of economic management for families? What items should be considered for protection? What do we mean by “insurance poor”?
- 5 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

assets

buymanship

consumer

credit rating

installment payment

insurance

investment

mandatory standards

processed foods



Chapter forecast

Chapter 18

What can older and younger members of the family gain from each other?

New York State Colleges of
Agriculture and Home Economics



Why do this father and son enjoy working together?

Du Pont Co.



*Does sharing family
interests contribute to
family living?*

Du Pont Co.



*How will the wonderful
fun this boy finds in
his home affect his
entire life?*

*Foundations for living
are learned
in the family*

If a family is to be successful, its members must have certain qualities. They must have loyalty for one another. They must be dependable in small matters as well as large. They must show an increasing maturity so that, from babyhood on, their privileges are accompanied by responsibilities. Living successfully in a family means caring enough about the good name of the family to feel responsibility for your actions. By caring about your family you help your own personality.

The home is important because it provides the best atmosphere for bringing up children and for helping adults withstand the pace of outside life. The family, in the home, makes this possible by the way its members behave towards one another and by the way they feel about their home. Learning to share the ups and downs of life is important. When children learn to adjust to various situations at home, they meet similar and more

difficult situations outside home with a greater chance of confidence and success.

Learning to understand the needs of others in a family situation is a realistic way to learn how human beings behave in all walks of life. So important is the family to society that there are numerous agencies to help it to do its best. Every family needs to know about these friends in order to use them to the best advantage.

Ideas for action

1 Sources for study

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2 Consider some of the important aspects involved in living successfully in a family, such as doing things together, loyalty, and understanding. Have class members make a list together. Discuss examples in class.

3 Prepare bulletin boards with the following headings:

Successful family living requires . . .

Families share ups and downs

Understanding starts at home

Agencies that help families

4 Collect cartoons that illustrate the need for family loyalty. Use them for discussion.

5 Suggest some pointers for a young married couple, both working, on co-operation in homemaking.

6 Write down five factors that you think strengthen family living. Then write down five factors that are most destructive to family living. Appoint committees to summarize these factors. Use the summaries as a basis for class discussion.

- 7 Study the agencies in your community that were set up to help families, such as the Family Service Bureau and the Child Guidance Clinic. Report to the class on their facilities and services.

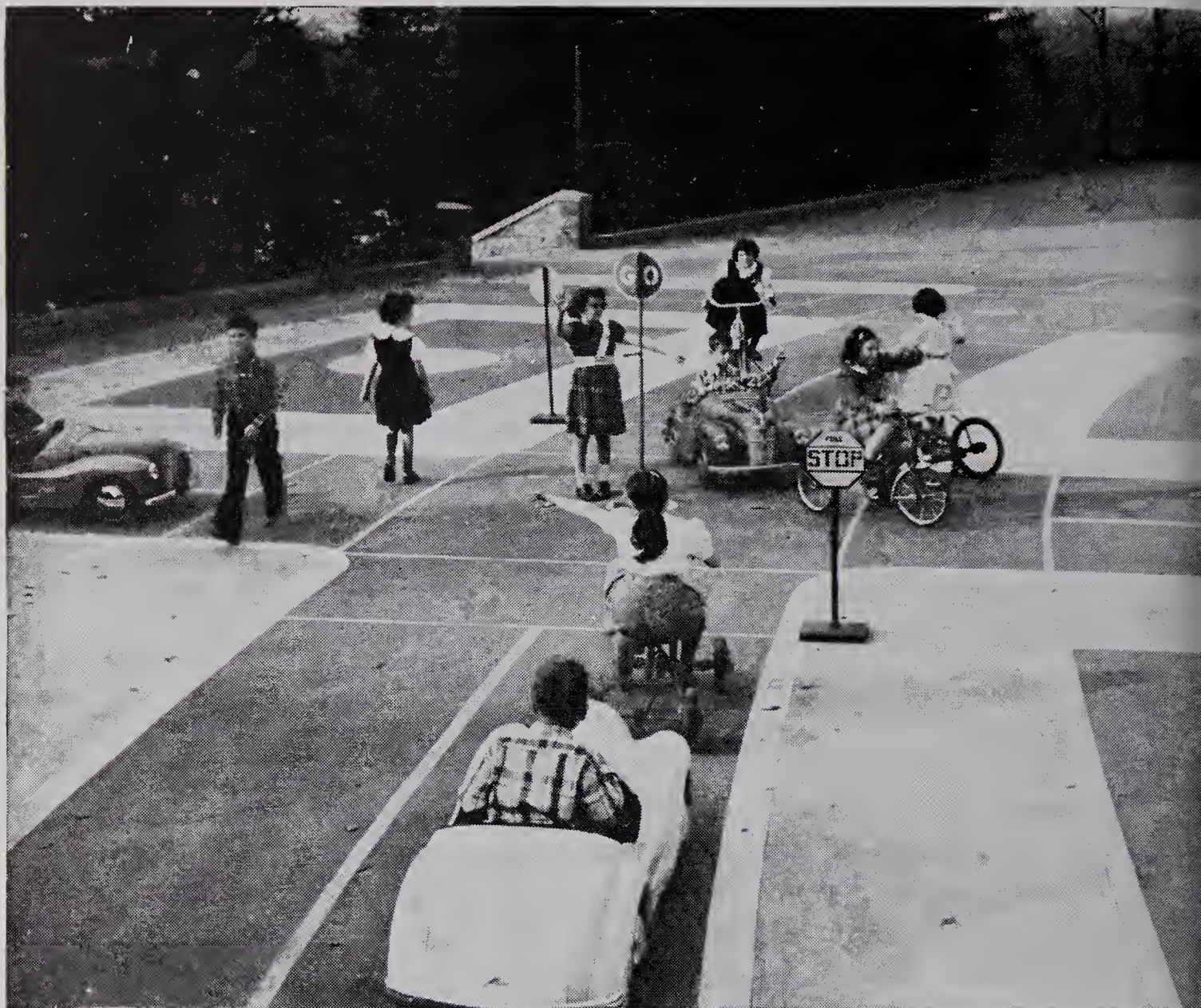
Is family loyalty a part of family living?

When Jean and Tom were first married, they lived in an apartment in the home of Tom's parents. Every day, when he came home, Tom would stop in to see his mother on his way upstairs to his own apartment. He would have a cup of coffee and chat with her for a few minutes, then go up to his own home. Jean felt that Tom and his mother should have an opportunity to be together once in a while, so she did not join them but waited for Tom to come home.

After a while, she began to feel neglected. Here she was, longing to see Tom and to hear what he had been doing and to tell him what she had been doing. Instead of coming home, he was sitting downstairs without considering her. One day she became so upset about it that she burst out angrily when Tom came upstairs. Tom was annoyed, too, and retaliated by complaining about the number of Sunday dinners they had to eat with Jean's folks.

After a sensible discussion of the matter, however, they realized that since they had established a new family, they would have to make some changes in their habits. Tom arranged to see his mother at another time; Jean agreed to accept her mother's invitations to dinner less often and only after consultation with Tom. Both recognized that they had been trying to keep too much of their former ways of living and that they now needed to build up new habits of companionship.

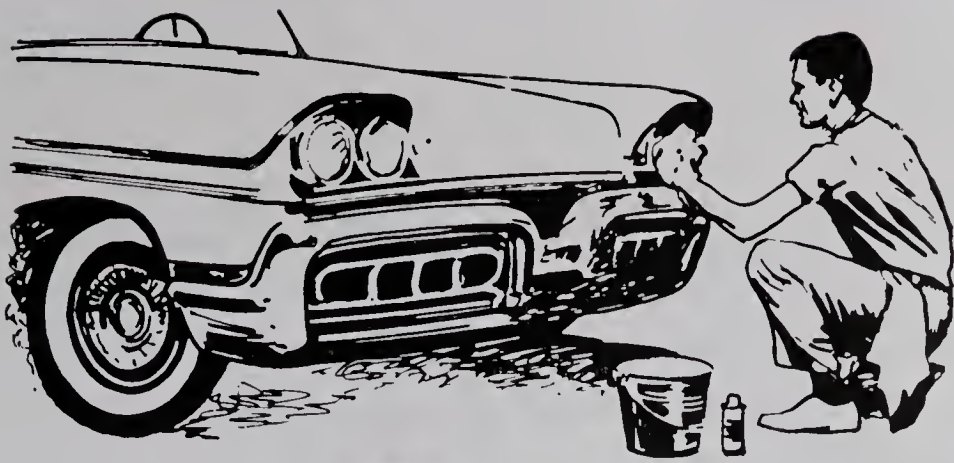
Privileges and responsibilities go together in family living. When Sally was a little girl and went with her mother to the supermarket, she longed to be grown-up and in charge of the family pocketbook so that she might buy as much candy as she wanted. As she grew up, she retained some of this attitude. Any money she earned was spent on clothes and personal belongings. She felt somewhat resentful at being obliged to contribute a small sum towards her support at home.



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These children are part of a Junior Traffic Training group, learning control of all elements of traffic situations. Because of this training, as they grow up, they will probably be more aware of their responsibilities as drivers and pedestrians.

When she married Bill he was just out of the army and started on a new job. Trouble arrived when Sally continued with her practice of buying what she wanted rather than what was necessary. One day they had no money to pay the fuel bill because Sally had just bought a new dress she felt she had to have. Bill resented his hard-earned salary being spent so irresponsibly. Sally was hurt to think that Bill would deny her what she felt she needed. This couple took a long time to plan their finances so that they could pay for both the necessities and the few extras that each of them wanted. Sally had to learn that privileges of any kind are usually accompanied by responsibilities. She had to learn that in a family one person



There are many things for young people to do within the family. Washing the family car and cleaning the floors are two responsibilities. Thoughtfulness is another responsibility. Calling home when you are going to be late shows that you are worthy of independence.

cannot have all the privileges and another all the responsibilities if a happy state of affairs is to be maintained.

Honesty is important in family life. Four-year-old Ginny and her companion were playing with their dolls. “No,” said Ginny firmly to one of her dolls, “Mother can’t take you to the circus. She’s all tired out from looking after you all day!” Then she turned to her playmate and said, “As soon as the children are resting, let’s go downtown and shop.”

Young children learn how to behave in their own homes and from their own families. Parents are teachers from the time their children are born. A child who hears untruths or is treated dishonestly cannot build up the sense of security that is essential

to his happiness and he cannot be expected to be honest himself.

Honesty is not easily learned even under the happiest circumstances. People are untruthful in jest, because of fear and insecurity, to win approval, and to gain advantage. Therefore, children sometimes have little opportunity to learn to be honest from adult example. Children should be given every assistance to learn honesty. If three-year-old Bob has left obvious traces of having raided the cookie jar, it is better either to ignore it or let him know that you are aware of his part in the situation. Asking him angrily if he stole the cookies would only invite a lie told in fear of punishment or of losing approval.

Is democratic planning a part of family living?

Don Smith came from a family in which his mother made all decisions. His father was a busy man, so left the management of home affairs to his wife. He seldom entered into discussions affecting the children's welfare. Carolyn Smith had not known Don long before they were married. In her family, her father had always been strict, supervising the children closely and handing out money carefully.

After a few months of marriage, they began to realize that something was amiss in their mutual understanding. Don assumed that Carolyn would look after certain things in the home; Carolyn expected Don to be responsible for them. This led to misunderstandings and quarrels which might have increased if they had not sought competent outside help.

Their adviser suggested that they have regular talks about problems that had arisen or plans they needed to make. For, as he said, any group working together must have conferences from time to time in order to work harmoniously and to understand each other. A family is an example of a small group, and it benefits from talking things over and planning together. This sort of democratic planning may help the children to be able to work with others more successfully in later life.

Don and Carolyn found this plan difficult when they first started it, but they began to believe in it more and more as time passed. As their children grew up, they included them in

family councils, where matters important to the family were discussed. They did not expect too much wisdom at first but listened to them and helped them to understand the reasons for doing certain things. For example, when six-year-old Danny set his heart on an expensive bicycle for Christmas, he was helped to see that he could have a bicycle, but it would have to be a much less expensive one if the other members of the family were also to have a share of gifts they wanted.

Family members must learn to share each other's ups and downs. When Mr. Flaherty was ill for several weeks, Mrs. Flaherty realized more than ever before what a help her family was to her. Of course the household expenses went on and she was unable to go to work because of the younger children at home, but the work the older children did helped to make up for the loss.

Joe, who had never shown much initiative around the house, took over some of the jobs normally done by his father. Francie, who had just started nurse's training, was willing to spend most of her free hours relieving her mother from the care of her father. Mike got a job after school to help pay his own expenses, and even little Kathie set the table and washed dishes without too many reminders.

The Flaherty family had always done things together. They liked family picnics and short vacation trips in summer, and they had had many good times together. When their father became ill, it was natural for them to help each other.

A young child feels more secure if he shares both good and bad times with his family. He is able to become a better family member than a child who is protected from sorrow and deprivation. A child is able to adjust to almost any difficulty provided he can stay with some member of his family. He is better off if he can share in some measure what is going on, no matter how difficult it is, rather than be sent away from the family group.

The family is a good place to learn to understand others. People need love and understanding at all stages of their lives. Little children need it most, because the kind of treatment they receive in their earliest years will influence their adult personalities. A child who grows up in an atmosphere of love and

*Successful family living is based
upon mutual effort and enjoyment.*

Equitable Life Insurance Co. of
the United States



security believes that the world is a friendly place and will love other people in return. A child who learns at home to distrust and fear others will find it difficult to do otherwise as he grows older.

Young people need love and understanding as they struggle with the problems of growing up. Adults need a home atmosphere where they can find rest and recreation from the tensions of earning a living in the modern world. Older people like to feel wanted and appreciated by their family group. In the family everyone has an opportunity to learn to appreciate the needs and contributions of other people.

The Johnson family sometimes wished that they had more room or that there were less of them. There was Grandpa Johnson; his son and his daughter-in-law, Robert and Mary Johnson; his daughter, Florence, who came home week ends; and four grandchildren—sixteen-year-old Bob, fourteen-year-old Polly, five-year-old Joe, and eighteen-months-old Marilyn. Grandpa Johnson and his son farmed their land and hoped that Bob, the older grandson, would want to follow in the family's footsteps. Although Mary Johnson had several pieces



of labor-saving equipment, she had more than enough work to do to keep the family well and happy.

Old Mr. Johnson had the satisfaction of knowing that the work he had done over the years had been worthwhile in building up the farm. However, he sometimes felt that his busy, vigorous family of young people no longer needed him. When his son showed a wide knowledge of modern farming methods, Mr. Johnson felt inferior. He appreciated the week-end visits of his daughter, who gave him special love and attention. Florence enjoyed the visits, for she found in her relationship with her father pleasures that made up for the frustrations of her job in the city. She had a special bond, too, with Joe, who, as next to the youngest child, did not receive the petting that baby Marilyn obtained from the rest of the family.

The two older grandchildren sometimes felt that the young ones received all the attention, while they had to do all the chores. But they both also had a feeling of understanding with their parents that outweighed any feeling of resentment. Teen-aged Polly and her father were good friends. Bob wanted to win the county engineering scholarship, and his mother encouraged

him. Mary Johnson and her sister-in-law got along well once Florence accepted the fact that Mary wanted to make her own decisions on problems related to homemaking and bringing up the children.

This family group provided all of its members with an opportunity to learn to understand and get along well with others. Mr. Johnson regretted that Bob wanted to study engineering rather than agriculture, but he was willing for Bob to weigh matters and make his own choice. Polly grumbled sometimes at having to take care of the younger children, but the experience would help her in understanding her own family later on. To keep family members happy in one another's company requires that each member be sensitive to the feelings of the others.

In some ways a large family has a better chance to maintain an even balance in its relationships than does a small family. In a small family, especially the modern family isolated from relatives, feeling is likely to be intense because it is concentrated on fewer people. Therefore, if a disagreement arises, it becomes severe. If a member develops a feeling of neglect, it may become pronounced because there is no one else to satisfy the need for understanding and love. People who get along well with others in employment, in school, and in the armed forces usually come from families whose members show love for and understanding of one another.

These last chapters have tried to emphasize how important it is for families to provide good living conditions through the successful management of material factors and an understanding of psychological factors. Learning to be a good homemaker and family member is not easy. It requires both experience and education. Some people are lucky enough to obtain the experience from birth onward; others are less fortunate in their family situation. Family living is so complex and so important that everyone needs to study it. No family can provide all the knowledge and understanding needed by a young couple starting to raise a family. Fortunately, many agencies are available for help. Most high schools provide education for home and family living, and increasing numbers of students are taking



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This family is in the habit of discussing plans or problems which are important to each member.

advantage of these courses. Young peoples' organizations and religious groups are giving more attention to helping their participants to become good family members and to make happy marriages. Every day articles appear in periodicals and newspapers, and programs are broadcast on radio and television, giving advice to families on subjects ranging from making a pie to dealing with Jenny's tantrums. Some of this material is excellent. Some of it needs to be received with reservations and the information checked against known facts.

Education for home and family life has become an important part of adult education programs. Most communities have programs provided by the schools, the extension service, or

private organizations. In addition, most communities have family service, marriage counseling, and public health agencies. All of these agencies want to help families to help themselves by teaching them to understand their needs and to find practical ways to improve their circumstances.

Chapter checkup

- 1 The Nolans are said to be a happy and successful family. Their friends have made the following statements about them. Which ones indicate to you that the Nolans have made a success of their family life?
 - a The family members are loyal to each other.
 - b Jim Nolan has worked hard and has been successful in earning a good income.
 - c The Nolans appreciate their home, but they are always ready to lend a hand in community affairs.
 - d Everyone takes a share of the homemaking jobs.
 - e Mary Nolan has made their home attractive and keeps it in perfect order.
 - f Jim and Mary Nolan are honest with each other, yet understand and take into account each other's faults.
 - g The Nolans entertain a great deal and give very enjoyable parties.
 - h Any major projects are planned together by all family members.
 - i When Jim was out of a job for a while, the children were not told because it might distress them.
 - j The grandparents visit at irregular intervals and are enjoyed by all the family.
- 2 More children are being born in this country, increasing numbers of women are becoming wage earners, and people are living longer. Taking these facts into account, what suggestions would you make for improving child care, sharing homemaking tasks, and learning to appreciate an older person's part in happy family living?
- 3 With the help of a dictionary, define these words and phrases. Consider their meanings in relation to the way they are used in the chapter.

democratic planning
family council

privileges
responsibilities

TEST FOR UNIT 4

- 1 Jot down your activities for one day. Then, using the steps in management (see pages 388–399), see if you can think of ways of using your time and efforts to better advantage.
- 2 Which of the following statements are correct? Make changes in those you think are wrong.
 - a Frequently family members have no knowledge of the total family income.
 - b Financial problems can be an important contributing cause to an unhappy marriage.
 - c A plan for spending helps people achieve everything they want.
 - d Some experience is necessary before a realistic spending plan can be made.
 - e The proportion of income spent on food is the same at all income levels.
 - f Preplanning before purchasing usually brings greater satisfaction.
 - g A good manager can learn to judge quality at a glance.
 - h Price is a reliable guide to quality.
 - i To buy the best is always wise when the best can be afforded.
 - j Using credit is sometimes necessary but never wise.
- 3 Write a short theme on one of the following topic sentences, expressing your beliefs:

A woman's place is in the home.

Children should be protected from trouble when they are young.

You are given your in-laws, but thank goodness you can choose your friends.

Men and women are equally important in the job of homemaking.

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